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Mom Guess What Newspaper

423

SACRAMENTO'S PREMIER GAY & LESBIAN NEWSPAPER SINCE 1978

VOLUME 24. ISSUE # 423

JANUARY 15, 2002

Elton John & Billie Jean King Swing A Smashing Success in Sacramento

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Leather Scholarship Off To A Good Start

Dear Editor,

I would like to take a moment and thank those who have shown their support of the Tony deBlase Scholarship Project, commonly known as The Leather Scholarship. In just over three months we have been able to raise \$4,000 toward our goal of \$25,000, which will create the scholarship's endowment. The plan is to first establish the endowment from which the interest will be granted to students entering fields of sex research, education, therapy, and other studies or projects to further the understanding of human sexuality.

Another feature of this project is that it is being built with grass roots support, relying on a diverse, more community based set of donations. We want to create the opportunity for the many people who were touched by Tony's vision to help continue his work far into future.

Another success of this project is that it has inspired others who have taken the idea and created their own scholarships that together will be a powerful investment in our future. The Tony deBlase scholarship is being managed by The Pride Foundation, which is a non-profit 501-C3 organization that has a long history of a positive relationship with the Leather community. For more information on how you can participate, please visit the web site at: leatherdaddy.com/scholarship.

Sincerely,

Aubrey H. Sparks



MGW readers are interested in what you have to say!

For verification, letters to the Editor must include a signature, printed name, address and phone number.

Names can be withheld if requested.

MGW reserves the right to edit for brevity, content and slander.

See staff box at left for mailing and contact information.

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Midge Marino.....	927-5651
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SIGLFF Sends Their Thanks



Dear Editor,

Thank you once again for your support of the Sacramento International gay and Lesbian Film Festival (SIGLFF) and Fairy Flicks. Your contributions to our tenth anniversary celebrations and film festival helped make this another great year for viewing gay and lesbian films in Sacramento.

Fairy Flicks 2001 was by far the most successful and well-attended in our ten-year history. We are grateful to MGW for the fantastic publicity and for your continuing support. The feature on the center spread of the September 15 issue was fantastic. Thank you also for the coverage in the November 1 issue.

We are excited about all the new people who accepted our invitation to attend the brain-storming meeting in November. With these new ideas and new opportunities we plan to make the eleventh year the best yet for the Sacramento audience.

Sincerely,

SIGLFF Board

Out Correcting...

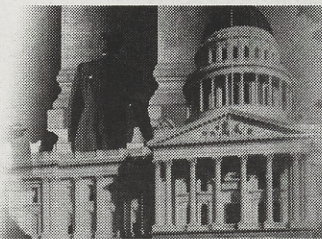


MGW PHOTO/JAMES OZANICH

The photograph published on page six of issue 422 was accidentally credited to **James Ozanich**. It should have been credited to Sacramento Valley Leathermen member **Tim White**.

The man holding the gift basket in the photo is **Michael Dilly**, a Faces employee.

MGW NEWSPAPER WOULD LIKE TO ACKNOWLEDGE ERRORS PROMPTLY. CORRECTIONS WILL APPEAR ON PAGE TWO IN EACH ISSUE. MISTAKES CAN BE REPORTED BY CONTACTING: E-MAIL: INFO@MGWNEWS.COM FAX: 916.441.6422 PHONE: 916.441.6397 MAIL: 1725 L STREET, SACRAMENTO, CA 95814



Under The Domes

NEWS FROM THE CAPITOL • NEWS FROM THE CAPITOL • NEWS FROM THE CAPITOL • NEWS FROM THE CA

Red Cross Says "Families Come In Many Different Forms"

NEW YORK CITY, NY — In a letter dated November 30, 2001 to Empire State Pride Agenda Executive Director **Matt Foreman**, Red Cross Chief Executive Officer **Robert M. Bender, Jr.** confirmed that LGBT survivors of the September 11, 2001 attacks would receive relief assistance. Bender appointed **Hayyim Obadyah** as a liaison to the LGBT community to ensure that all survivors receive fair and compassionate treatment.

Concern for treatment of LGBT survivors began almost as soon as the attacks occurred. New York Governor **George Pataki**, Attorney General **Eliot Spitzer**, and Mayor **Rudolph Giuliani** sent a letter to **George W. Bush** and Attorney General **John Ashcroft** on November 27, 2001 stating, "The families of the victims of the September 11 attacks reflect the full spectrum...in terms of gender, race, religion, color and national origin, as well as marital status and sexual orientation."

The lawmakers encouraged Bush and Ashcroft to support victim compensation for domestic partners and family members who may lack formal legal recognition under the Air Transportation Safety and System Stabilization Act (ATSSSA). ATSSSA overrules local laws affecting victim compensation.

Anyone who lost a loved one or was injured during the September 11, 2001 attacks is now required to file a claim with the federal government.

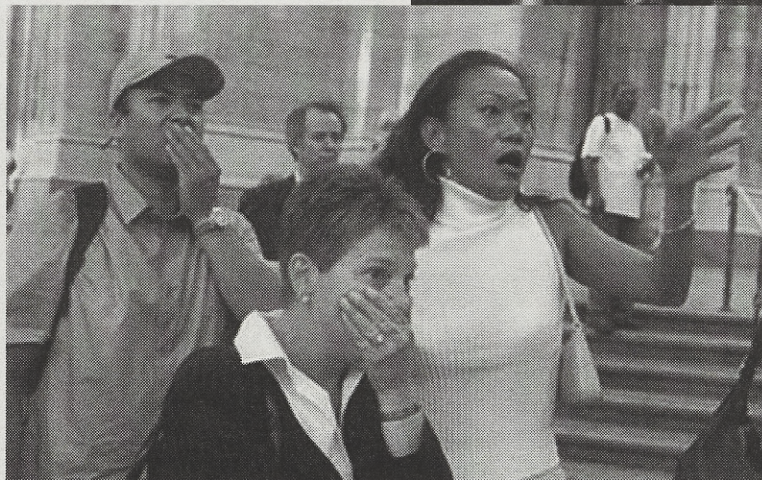
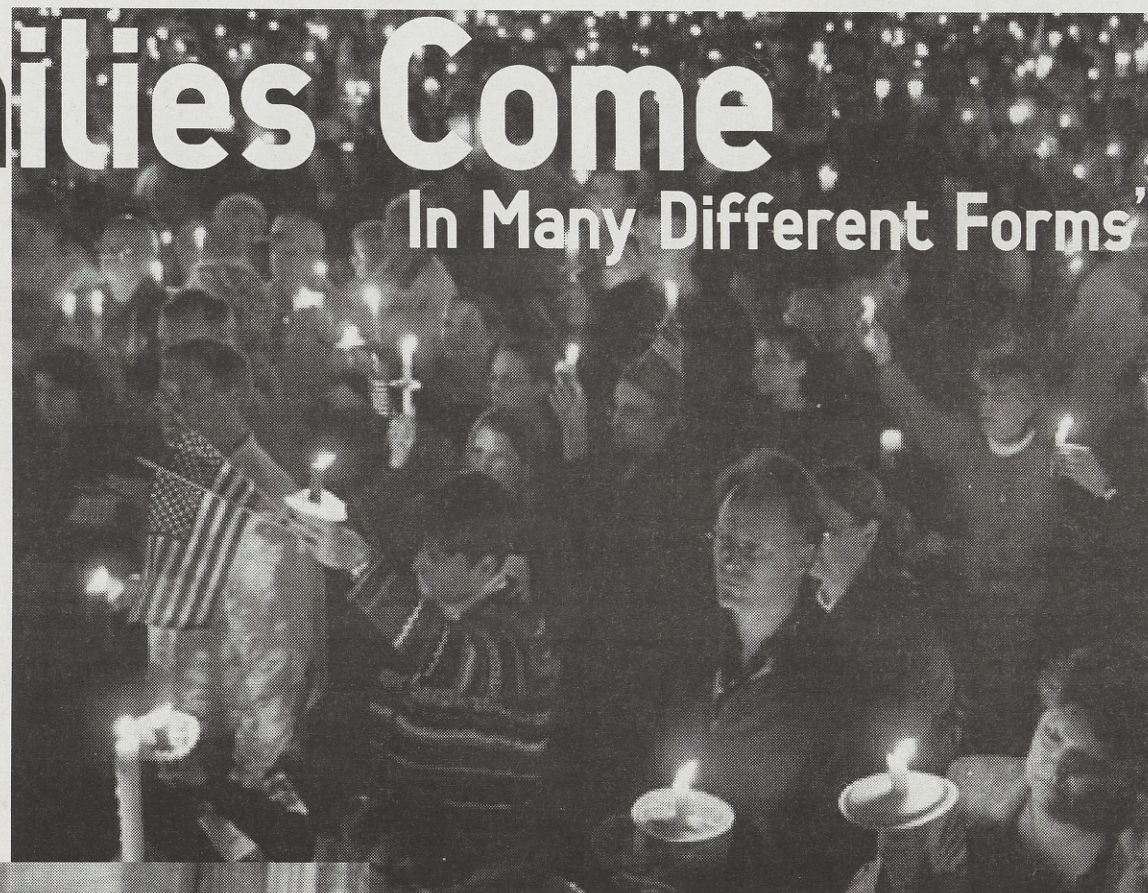
Senator **Dianne Feinstein** also urged Ashcroft to, "treat all victims of the September 11 attacks equally." Her letter focused on regulations established for the September 11 Victim Compensation Fund of 2001. She used gay rugby player and United Airlines flight 93 hero **Mark Bingham**, **David O'Leary**, who lost his partner of seventeen years at the World Trade Center, and gay co-

pilot **David Charlebois**, who died at the World Trade Center, as examples.

Their advocacy paid off. On December 20, 2001 Special Master **Kenneth Feinberg** announced regulations governing victim and survivor funds at the Department of Justice. The federal government will assist same sex couples, but details will be determined on a case by case basis.

Red Cross guidelines for victim and survivor compensation do not require a legal domestic partnership. LGBT survivors can prove their relationship to the deceased in at least sixteen ways, including a joint rental agreement, lease, childcare, bank account, or obligation on a loan. Services will not be denied for lack of verification.

Info. 212-627-0305, 718-923-5778



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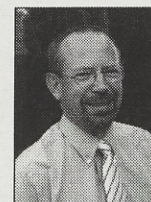


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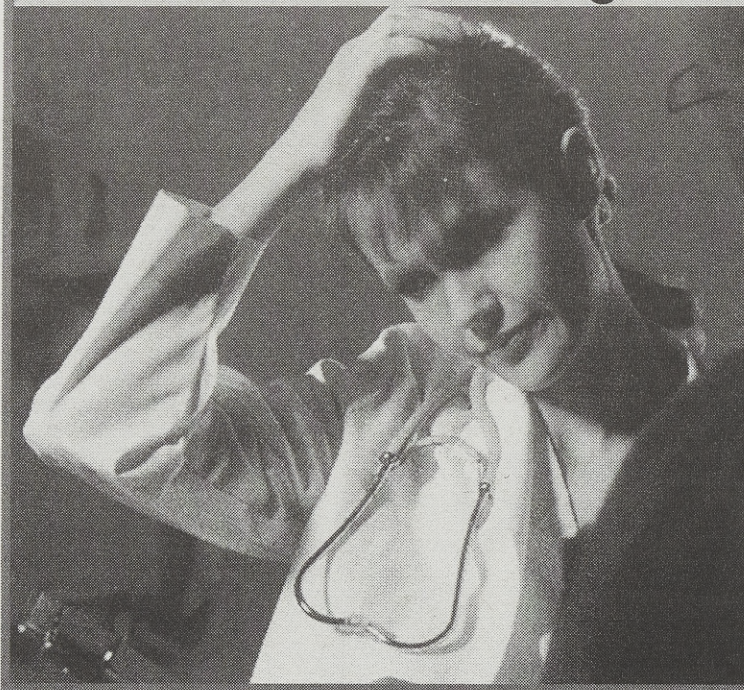
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Under The Domes

NEWS FROM THE CAPITOL • NEWS FROM THE CAPITOL • NEWS FROM THE CAPITOL • NEWS FROM THE CAPITOL

GLMA Referral Program Grows Again



SAN FRANCISCO, CA – The Gay and Lesbian Medical Association (GLMA) expanded its physician referral program to include all licensed health professionals and announced that it would begin a campaign to enlist more members.

There is no cost for patients to use the program, nor do health care providers pay for their entry. Despite publicity, GLMA does not have any referrals for some states, including Alabama and Ohio.

The referral system began in 1993 as a physicians only program. However, GLMA received so many requests for information that they made it was made public. The catalog can be accessed through GLMA's website. Info. 415-255-4547, glma.org

Day Of Silence Increases Momentum

NEW YORK CITY, NY – Gay, Lesbian, and Straight Education Network (GLSEN) and United States Student Association (USSA) have joined forces to coordinate the sixth annual Day of Silence Project. This year's Day of Silence will be Wednesday, April 10. Since its inception in 1996 by a group of University of Virginia students, it has become the largest youth-run LGBT action in the country.

Participants take a twenty-four hour vow of silence in protest of discrimination faced by LGBT people. Instead of speaking, they give cards printed with a message that explains why they have chosen not to talk and information on intolerance. The Day of Silence is now held in hundreds of high schools across the country.

"Our hope is that the Day of Silence Project allows schools to hear the powerful voices of students who protest discrimination against LGBT people," said student organizer Chris Tuttle. "The Day of Silence Project can be a tremendously powerful launching pad for youth to make concrete difference in their school." ▼

Info. 415-551-9788, 212-727-0135, dayofsilence.org

HRC Updates Spanish Coming Out Guide

WASHINGTON D.C. – Human Rights Campaign (HRC) Foundation recently released an updated Spanish version of their guide to coming out. The Guia de Recursos Para Salir del Closet has been expanded to reflect the diversity of GLBT people.

"We hope this new guide will help anyone who is in the process of coming out – as well as those who love and care about them. It offers sound advice as well as real-life insights," said HRC Coming Out Project manager Candace Gingrich.

The coming out guide has been among HRC's most popular publications since it was first released in 1996. HRC plans to distribute at least 5,000 copies of the forty-six-page Guia de Recursos Para Salir del and over 50,000 copies of the English guide. Free copies of both are available from HRC or it can be downloaded from their website. ▼

Info. 202-628-4160, hrc.org

Youth Crisis Line Wants You!!

SACRAMENTO, CA – Lend a helping hand to young adults in trouble by volunteering for the California Youth Crisis Line. No experience is necessary and all necessary training is provided. The hotline serves youth ages twelve to twenty-four and adults concerned about young people. ▼

Info. 340-0505

Youth GSA Leadership Training Scheduled

SACRAMENTO, CA – All students interested in developing gay-straight alliances (GSA), making high schools safer, and promoting fairness and equality are invited to attend a free youth leadership training on Saturday, January 26 from 9:30am-4pm at St. Ignatius Church (3235 Arden Way). The workshop is primarily for young adults but adult allies and GSA advisors are welcome. ▼

Info. 482-9666

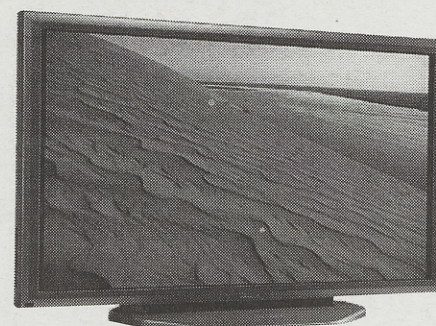
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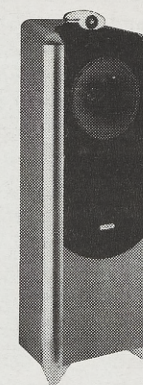
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Local

HAPPENINGS AROUND THE VALLEY • HAPPENINGS AROUND THE VALLEY • HAPPENINGS AROUND TH

Valley Perennial Sales Still In Limbo

SACRAMENTO, CA — Bob Hamm is still tending his gardens and he still plans to raise money for HIV and AIDS service organizations, but the future of his home plant sales is currently in question.

Shortly after his October 1 sale, City of Sacramento's Code Enforcement Division forced him to stop selling plants directly from his garden. Hamm suspects that a neighbor or passing motorist complained about signs placed on his lawn advertising the sale.

Hamm still plans to hold four benefit sales in 2002. He is permitted to hold one yard sale at his residence per year but locations for the other three sales are undetermined. In 2001, Hamm raised almost \$9,000 for non-profit organizations at two sales.

Charities that receive funds from Hamm, including Breaking Barriers and CARES, plan to approach the City Council and request a waiver. A date has not been established yet, but Hamm encourages gardeners and supporters to attend and voice their concerns. ▼

Info. 429-8315

Capital City Squares Announces Beginner Classes



Capital City Squares caller Scott Byers. The square dancing association will hold beginner classes Tuesdays in January.

SACRAMENTO, CA — Capital City Squares, a GLBT square dancing association, will hold free introductory classes on January 15, 22, and 29 beginning at 6:30pm in the gymnasium of Jefferson Elementary School (2001 Pebblewood Drive). Besides square dancing, the group also holds pool and dinner parties. Singles and couples or all levels are welcome. ▼

Info. 929-8697, iagsdc.org/capitalcitysquare

Kimpton Group Hotel To Host Gay Ski Week



ASPEN, CO — The Aspen Club Lodge, Kimpton Group's newly renovated hotel, has been selected to serve as host hotel for the twenty-fifth annual Aspen Gay Ski Week. From January 20-27.

Aspen Club Lodge will be the center of all activities related to the world's premier ski party fundraiser. The event is expected to attract more than 5,000 people from all over the world.

Aspen Ski Lodge is offering a special rate based on single or double occupancy rooms. Morning coffee and evening wine are included. Nestled at the base of Aspen Mountain and just steps away from the Silver Queen Gondola, the ninety-room lodge features Aveda bathroom amenities, valet parking, heated outdoor pool and hot tub, and down comforters and pillows. ▼

Info. 800-882-2582, 970-925-6760, aspenclublodge.com

Community Invited To Nominate Grand Marshals



MGW Photo/Ed Kelly

SAN FRANCISCO, CA — San Francisco Pride Committee invited everyone to submit nominations for the 2002 Pride Parade Grand Marshal. Nominations may be submitted by mail, fax, or e-mail by January 31, 2002. A brief biography of the nominee and contact information must be included.

"This is the time for us to acknowledge the heroes and heroines from our community, those who, change the world by being themselves. The Grand Marshal honor is our recognition of these people for their vital support and contribution to the LGBTQ community," said Pride president Joshua Smith.

The Pride Committee and its membership will review nominations and select a diverse group of finalists. Then the public will have the opportunity to vote for their favorite individual and organization to represent the parade. Multiple Grand Marshals may be chosen. This year there will be no public voting in the celebrity category.

The thirty-second annual Pride celebration will be held June 29-30, 2002. The theme is "Be Yourself, Change The World." ▼

Info. 415-864 0831, sfpride.org

Local

HAPPENINGS AROUND THE VALLEY • HAPPENINGS AROUND THE VALLEY • HAPPENINGS AROUND THE VALLEY

Sacramento Valley Bears Donate Over \$4,000 To Charities



The Sacramento Valley Bears (SVB) donated \$2,000 to PFLAG and \$2,200 to Breaking Barriers at their last meeting of 2001. SVB raised the funds during their annual Lazy Bear Weekend to support the Ken Day Fund. ▼

Info. 338-3760

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SPEAK LOCAL OUT

Mom Guess What Newspaper

January 15, 2002

7

BY ED KELLEY
MGW STAFF

WHAT IS YOUR NEW YEAR'S RESOLUTION AND WILL YOU FOLLOW THROUGH WITH IT?



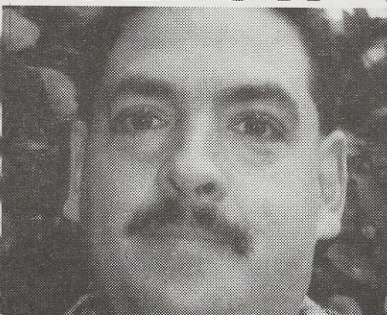
Jude Navari
Berkeley
Music Teacher

I want to be more happy in 2002! I want to simplify my life and figure out what is really important to me.



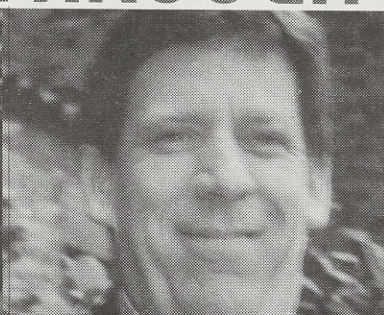
Morgan Fry
Sacramento
Sacramento Men's Chorus Board Member

I want to sing with the Sacramento Men's Chorus to a full house. I would like to schedule a dozen men to work at our 2002 Rainbow Festival booth to promote the chorus.



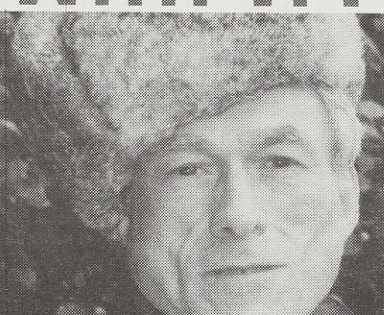
Ron W. McFerrin
Sacramento
Entertainer

I would like to be able to sing in Men's Choruses nationwide. Even though I'm from Wisconsin, I want to make Sacramento feel more like my home. I want to follow through with as many auditions as I can find.



Scott Holliday
Sacramento
Musician

I have just retired from Sacramento Men's Chorus after twelve years. I have big travel plans in the future. I'm going to be single and available in 2002!



Ron Clyma
Sacramento
Musician

I want to learn how to use all the toys Santa brought me for Christmas with the help of a good friend!



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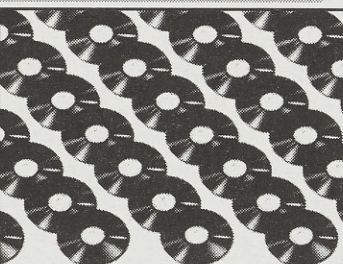


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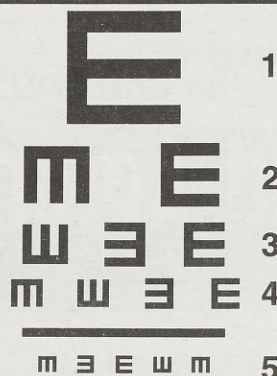
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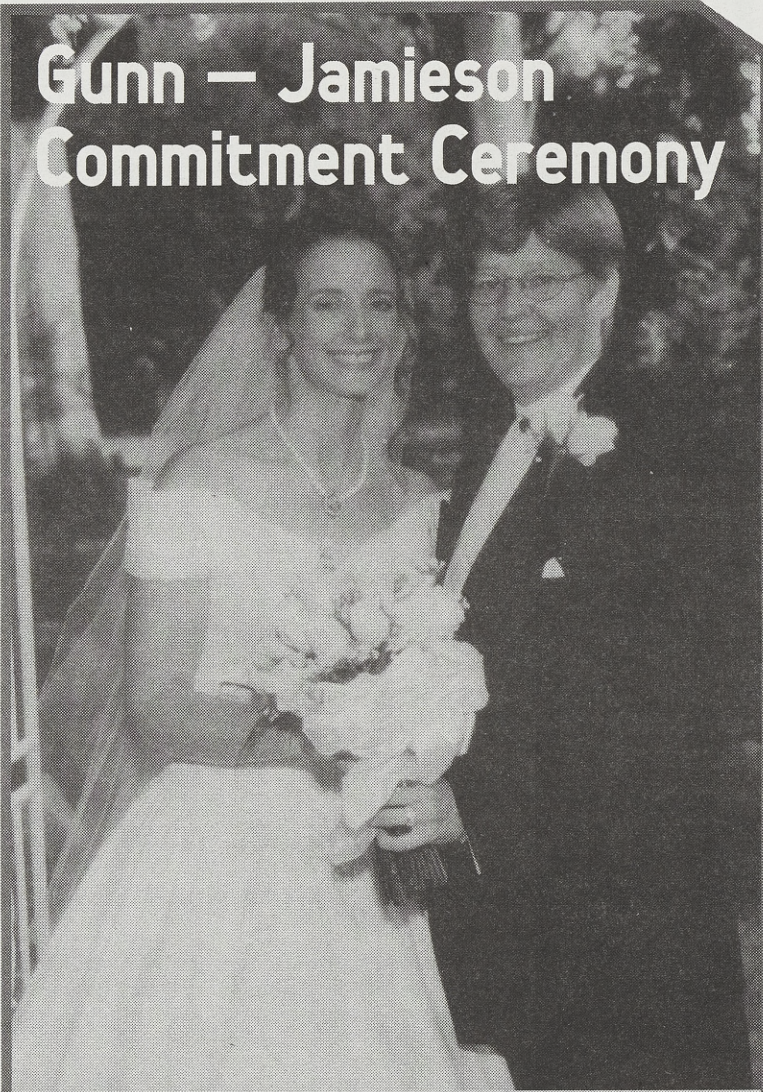


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Local

HAPPENINGS AROUND THE VALLEY • HAPPENINGS AROUND THE VALLEY • HAPPENINGS AROUND THE

Gunn — Jamieson Commitment Ceremony



Mary Jamieson and Terri Gunn celebrated six years together with a commitment ceremony at the Unitarian Universalist Church.

SACRAMENTO, CA — After six years as a couple, Terri Gunn and Mary Jamieson held a commitment ceremony in the garden of their Unitarian Universalist Church On October 6, 2001. Laura Schofield performed the ceremony. Friends and family traveled from as far away as Colorado and Washington to celebrate. Guests included Sherry Hereford, Sandy McIntyre, Lee Fong, Kim Crawford, Ken Rosenfield, and Jamieson's sister Nancy Richardson and father Bruce Jamieson. ▼

SACWN Heats Up For Valentine's Day



SACRAMENTO, CA — Sacramento Community Women's Network (SACWN) will hold their Valentine's Ball on Saturday, February 9 from 8pm-12am at the Elk Lodge Hall (6446 Riverside Blvd.). Semi-formal or formal attire is requested at this women's event. Roni and The Flight will perform live. ▼

Info. 451-8034

Get Our Faces Known!

MOM... GUESS WHAT NEWSPAPER strongly encourages LGBT people and allies to apply for and accept positions on California state and city commissions. In order to create positive changes in our government, we must place ourselves in positions of influence.

County Of Sacramento Vacancies

The following commissions and committees have vacancies as listed below. Applications are available at all public libraries. This list is posted in the County Courthouse, all city libraries, and the office of the Board of Supervisors. Openings and application forms may be accessed through the county's web site at co.sacramento.ca.us/clerkbrd/index.html or by visiting the office of the Board of Supervisors (700 H Street, Suite 2450). Info. 874-5411

COMMISSION/COMMITTEE	FILING DATE	SEATS
Adult and Aging Comm	Open	1
Adult and Aging Comm	1/14/02 to 1/25/02	1
Advrsy Brd On Alcohol & Drug Programs	Open	2
Advrsy Brd on Alcohol and Drug Programs	1/7/02 to 1/18/02	2
Agricultural Advrsy Comm	Open	5
Antelope Brd Cncl Planning Advrsy	Open	1
Antelope Brd Cncl Planning Advrsy	1/28/02 to 2/8/02	1
Arden Arcade Advrsy Cncl Cmmnty Planning	Open	1
Assessment Appeals Brd	Open	1
Brd of Plumbing	1/28/02 to 2/8/02	1
Building Brd of Appeals	Open	5
Carm. Brd Planning Advrsy Cncl	Open	2
Carm. Rec. & Park Dist.	Open	1
Children's Coalition	Open	6
Children's Coalition	1/28/02 to 2/8/02	6
City/County Solid Waste Advrsy Comm/LTF	Open	1
Cordova Brd Planning Advrsy Cncl	2/4/02 to 2/15/02	6
Cosumnes Area CPAC	Open Filing	8
County Service Area #4b	Open	2
County Service Area #4c	Open Filing	3
Developmental Disabilities Area Planning Brd III	Open	1
Developmental Disabilities Planning & Advrsy Cncl	Open	2
Disability Advrsy Comm	Open	5
Fair Oaks Brd Planning Advrsy Cncl	Open	1
Florin-Elder Creek Cemetery Dist.	Open	1
Franklin/Laguna Brd Planning Advrsy Cncl	Open	2
Human Rights/Fair Housing Comm	1/14/02 to 1/25/02	3
Human Svcs Coordinating Cncl	Open	1
Local Child Care Planning and Development Cncl	1/14/02 to 1/25/02	1
Maternal, Child & Adol Hlth Advrsy Brd.	Open	1
Natomas Brd Planning Advrsy Cncl	Open	3
North Highlands/Foothill Farms CPAC	Open	3
Orngyle Brd Planning Advrsy Cncl	Open	1
Physically Handicapped Appls Brd	Open Filing	3
Project Planning Comm	Open	1
Public Hlth Advrsy Comm	Open	6
Sac Comm of History & Science	Open Filing	3
Sac Cnty Mental Health Brd	Open	1
Sac. Cnty Youth Comm	Open	1
Sac. Housing & Redevelopment Comm	Open	1
South Sac. Area Cmmnty Planning Advrsy Cncl	Open	5
Southeast Area Cmmnty Planning Advrsy Cncl	Open Filing	6

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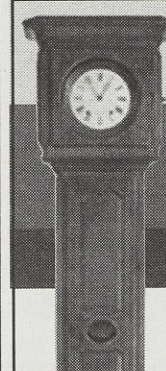
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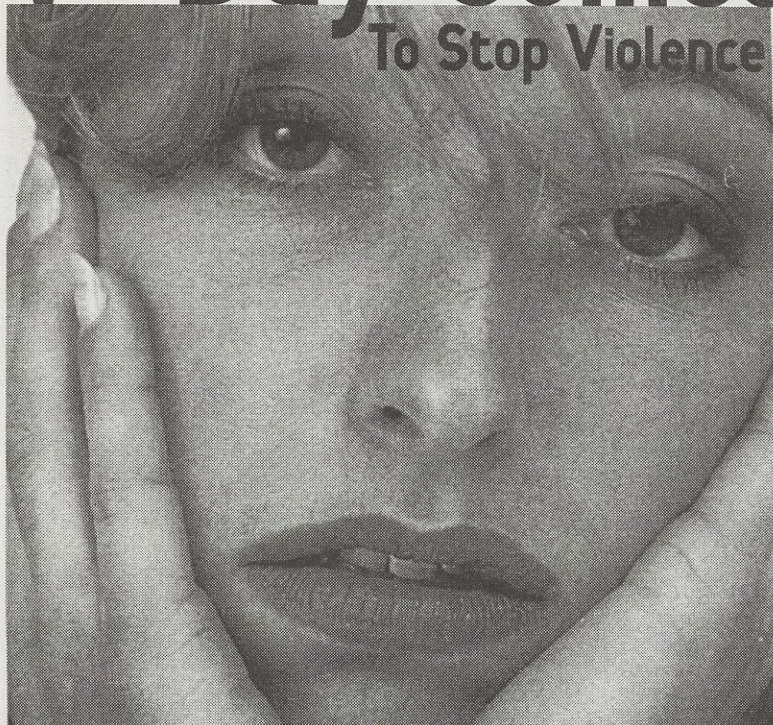
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Jaimie Little

Local

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V-Day Comes To Sacramento To Stop Violence Against Women



BY GLENN LECARL
MGW GUEST WRITER

SACRAMENTO, CA - On the heels of the highly successful V-Day 2001 at Madison Square Garden in New York City, V-Day 2002 will come to Sacramento on Saturday, March 2. Local women will perform Eve Ensler's The Vagina Monologues at the Memorial Auditorium. The show begins at 8:30pm. Proceeds raised will benefit Women Escaping A Violent Environment (WEAVE).

The Vagina Monologues will also be presented at CSUS Hyn-de Auditorium on March 15-17. Proceeds from these performances will benefit the CSUS Women's Resource Center and the SHARE Institute.

V-Day is a worldwide movement to stop violence against women and girls. Events are designed to educate, promote awareness, fundraise, and revitalize existing anti-violence organizations.

Since its inception, V-Day has used the arts as a vehicle for activism. This year, actresses and artists will be called upon to support the event. Women aged sixteen and up are encouraged to audition for roles in the performance. Auditions will be held January 28 and 29 at 3216 Riverside Blvd. beginning at 7pm. On January 30 and 31, auditions will be held at CSUS Shasta Hall (6000 J Street) in Room 249 beginning at 6:30pm for the CSUS productions. Actresses should memorize

a monologue, poem, or speech no more than two minutes long. Vocalists should be prepared to sing.

V-Day organizers are accepting donations of original artwork in any media for a fundraising auction benefiting WEAVE. Paintings, sculptures, and photography focusing on the theme "Female Empowerment" will be sold on March 2 after The Vagina Monologues. Artists are also needed to paint six to eight special "V-Day Flowers" in a Georgia O'Keefe style. Art must be submitted by February 18. V-Day flowers are due February 15.

According to organizer Dawn Spinella, "It is our sincere hope that V-Day Sacramento will raise the level of awareness of the issue in our city, raise money in support of local organizations dedicated to stopping violence against women and raise the spirits of all who choose to be part of this initiative. We are thrilled to be one of over 200 cities around the world participating...[in the] global movement to stop violence against women and girls."▼

Info. 684-4251, 278-7388,

pureheartprod@cs.com, vday.org

UC Davis Women's Center To Host Alison Bechdel

DAVIS, CA - On Wednesday, January 16 cartoonist Alison Bechdel will introduce her multi-media show **Dykes To Watch Out For**, based on her comic strip of the same name, at UC Davis Celeste Wright Hall (1 Shields Avenue). The program begins at 7:30pm.

Bechdel's comic strip, which is part soap opera and part op-ed column, has become a cultural institution nationally. It chronicles modern life, lesbian and otherwise, with an unnerving amalgam of kindness, dead accuracy, and nitpicking detail. Her presentation is a combination of lecture and entertainment and features examples from her comic strip.

Bechdel frequently presents slide presentations at colleges, universities, conferences, and events nationally and internationally. Her exclusive work was compiled in eight collections of cartoons published by Firebrand Books. Three of these volumes won Lambda Literary Awards and two won ViceVersa Awards for Excellence in the Gay and Lesbian Press. Her comic strip was named one of "The 20th Century's Greatest Hits" in 2001 by The Utne Reader. ▼

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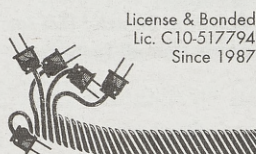
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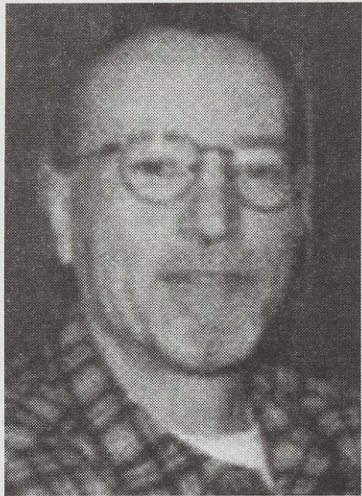
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Farewell

Keith "Sammy Joe" Thomas



Keith Thomas, an extremely popular line dance instructor at Faces, supporter of gay rights in the community, and all-around decent man known to many as "Sammy Joe," passed away on December 22, 2001, at the age of 53 from viral encephalitis.

His partner, **Dahan Drascek**, and many of the scores of friends who attended his memorial service, remember him as an avid reader, a fun guy with a quick wit and a great wardrobe, a fitness enthusiast, a member of Team Sacramento who won a medal at the Gay Games, and a man who voiced his opinions and contributed to important human causes. He had an extraordi-

nary backyard garden where he spent many peaceful hours.

His family remembers a wonderful and generous first-born brother who entered a room with a big smile, taught them to be independent, loved to dance, and made them feel good. Every year for the past twenty-six years, he and his mom attended the Oregon Shakespeare Festival, and he generously donated to their efforts. His family remembers when he called two years ago and told them he'd met the love of his life, Dahan – and they delighted in the fact that he was so happy.

He was a dedicated employee of the U.S. Postal Service for twenty-five years – most recently at the California State Capitol Office. His supervisors remember him as a person with a mastery of computer skills who

would think nothing of jumping in his car after office hours to help fellow employees miles away with computer problems.

Sammy Joe graduated from San Juan High School in 1966 and Saint Pius Seminary in Galt in 1968, and then attended St. Patrick's Seminary in Menlo Park through 1971. Several of his long-time friends from the seminary attended his memorial service, sharing stories about his insight and unique outlook on life.

In addition to Dahan and his legion of friends, he leaves behind his loving mother Irene Thomas; two sisters and two brothers and their spouses and families. Donations in Keith's memory may be made to the Center for AIDS Research Education and Services (CARES) at 1500 21st Street, Sacramento, CA 95814. ▼



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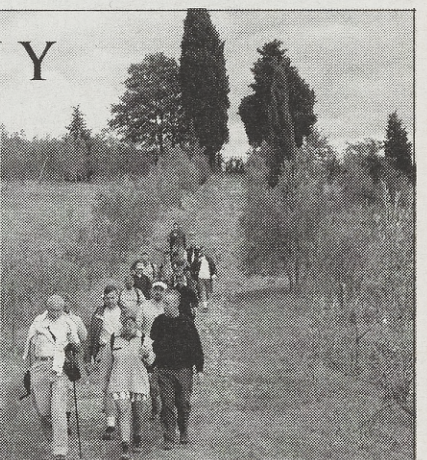
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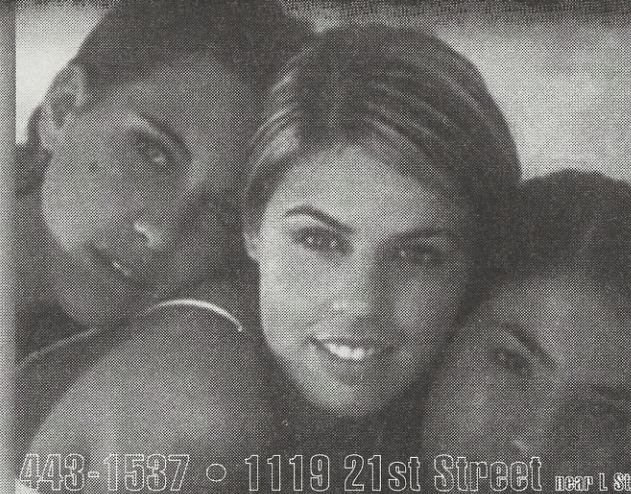
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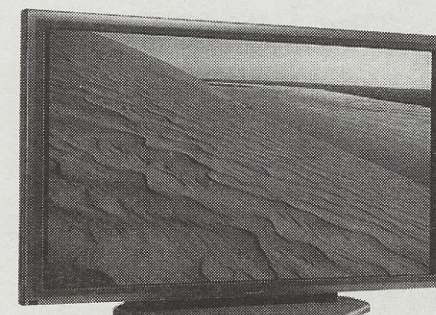
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Eating Smart

BY RANDY HARTLEY
FOOD & WINE EDITOR

Into The New Year

Now that the holidays are over, we are all rushing back to the health club and watching the way we eat to help lose those extra pounds we gained over the holidays.

Much of the process of looking fit is what we eat and how we exercise our body. You can't do one without the other if you really want to feel and look good.

In recent years, research has shown that food has a profound effect on our health. High blood cholesterol is a risk factor in the development of heart disease, while low dietary fiber has been linked to colon cancer. However you will find more good news than bad, because studies show that eating the right foods can help prevent disease.

Recent studies show that people with heart disease could reduce clogging of the arteries by eating

less saturated fat, more fruits, vegetables, and whole grains, and by exercising daily. Vitamin E appears to reduce the risk of cataracts and some cancers, vitamin C has been linked to lower rates of lung and colon cancer, and folic acid helps maintain a healthy cardio-vascular system.

Of course, diet is only one factor. Getting enough exercise and the right amount of sleep are very important (Sutter Sleep Clinic recommends eight hours and fifteen minutes per day), so are regular medical checkups. However, by eating the right foods you can increase your chances of living a long, healthy life. If you have any

questions about your individual needs see your health practitioner.

The experts who share their wisdom about what's good and bad for you have changed over the years.

Here's what they now say: Coffee Or Tea?

We used to think that coffee raised blood pressure and may cause cardiovascular disease. Tea is harmless. Doctors now say that coffee turns out to be pretty harmless too — yet doesn't provide any benefit either. But black, green, and oolong (not herbal) teas are high in flavonoids, which

may protect the heart.

Salt

We used to think that it would send your blood pressure sky high. Always choose low-sodium foods, and don't touch the shaker. Doctors now say that it isn't necessarily so, unless you're already prone to high blood pressure.

Onions And Garlic

We used to think that there was no nutritional value and gave bad breath. Doctors now say that onions contain flavonoids and garlic has polyphenols, so both could protect your heart. Get your date to eat some too!

Cereals And Grains

We used to think they were filling but didn't help the heart. Doctors now say they replace higher-fat foods, and when fortified by B vitamins they help scour potentially harmful homocysteine from the blood. Eat plenty, especially the whole-grain kind; the extra fiber could help stave off colon cancer.

Red Wine

We used to think that alcohol is bad for you, no exceptions. Doctors now say a substance called resveratrol, found in grape skins, may reduce levels of bad cholesterol. Alcohol in excess is still bad for you, but a glass of wine with dinner is fine.

Snacks

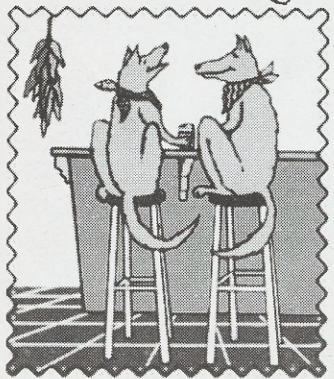
We used to think it's all junk food. Eat fruit or go without. Doctors now say that all junk food is not created equal. Pretzels are O.K., but avoid sugar filled fat-free cookies. Fruit is still best.

The Greener The Better

We used to think iceberg lettuce and romaine are both green, leafy vegetables, so both are good for

>>> Continued on page 16

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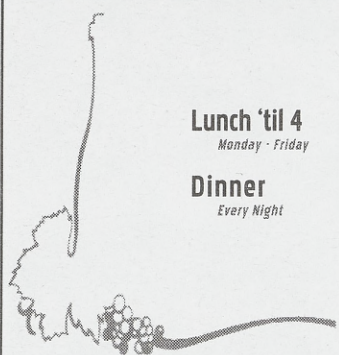
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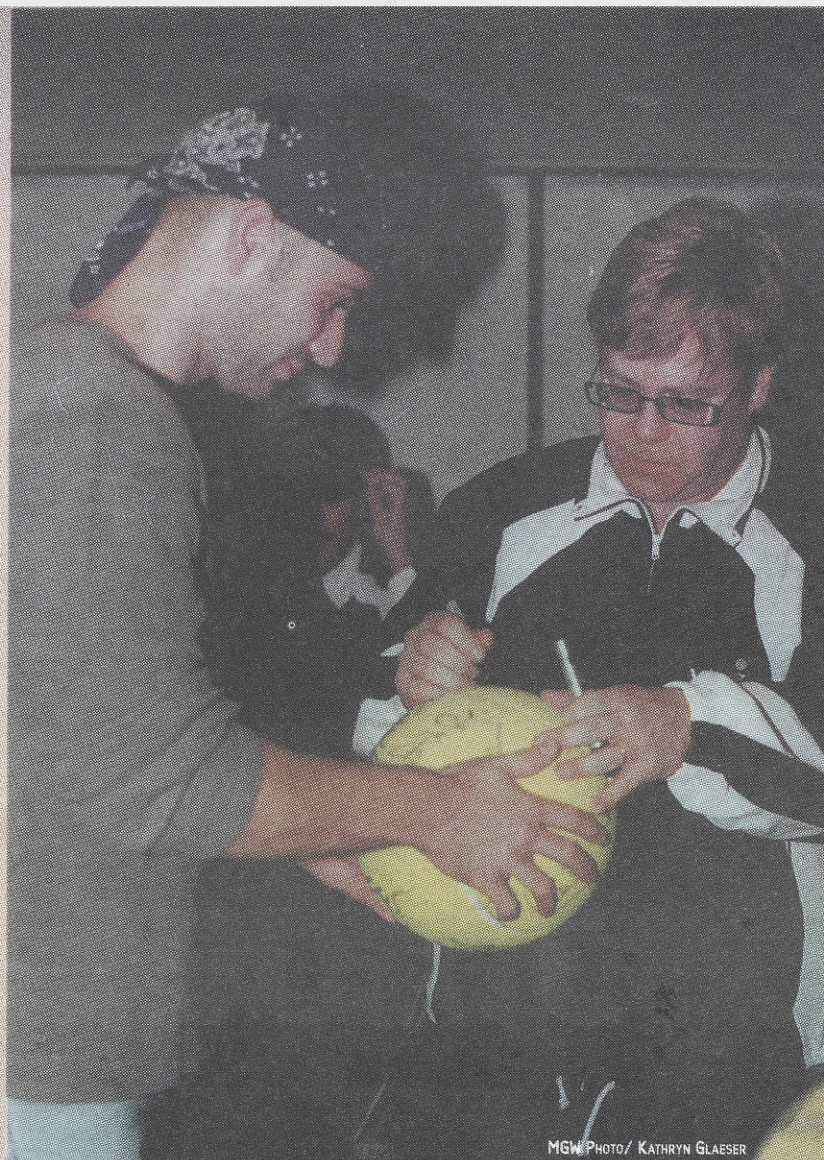
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Elton John and Andrea Agassi greeted fans and signed autographs at Arco Arena.



Elton John breaks a sweat.



Andre Agassi signs an autograph for a local fan.

Andre Agassi



Pete Sampras serves the ball at the Smash Hits Celebrity Tennis Match.

Absolu



Pete Sampras, Elton John, Billie Jean King, and Alexandra Stevenson.



Elton John welcomes guests at the live auction.



Elton John and Billie Jean King with event organizer Paul Curtis.



MGW PHOTO/ KATHRYN GLAESER



Andre Agassi and Pete Sampras shake hands after the game.



Elton John and Billie Jean King hug at the end of their match.



Andre Agassi emotes.

Tyco World Team Tennis was olutely Smashing

BY KATHY ABBOTT
MGW STAFF

It was certainly a night to remember. Elton John, Billie Jean King, Carlos Santana, Andre Agassi, Pete Sampras, and more all showed at Arco Arena for a one night event benefiting the Elton John AIDS Foundation, an international non-profit organization funding prevention education and direct patient care services for men, women, and children living with HIV and AIDS.

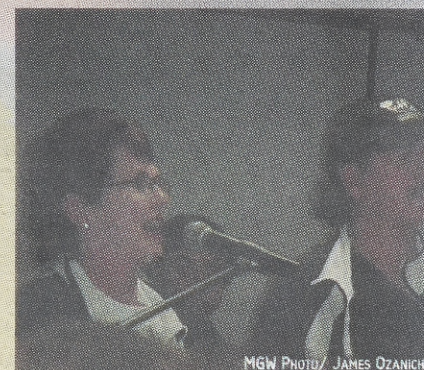
The funds raised by the Smash Hits VIP Reception and Auction have been designated specifically for services and programs geared towards prevention and education related to HIV/AIDS. A percentage of the proceeds from ticket sales and a live auction of sports memorabilia and music items will remain in the Sacramento area, benefiting the Capital City AIDS Fund (CCAF). CCAF is an all-volunteer organization governed by a board of directors made up of community leaders, business professionals, media representatives, and government officials.

Items auctioned included John's piano bench, autographed tennis racquets, first class tickets to Wimbledon, concert tickets, a two-year lease on a 2002 Lincoln Navigator, U.S. Open trip, and a guitar autographed by Santana.

Paul Curtis, Board President of CCAF said, "The event was better than I could have ever expected. Our event was the highest fundraising event ever made within this circuit. This event raised double of that in Atlanta which say's a lot about the community in Sacramento." When asked about his highlight of the evening, Paul was impressed with the generosity and graciousness of the celebrities. He was also impressed with the \$30,000 bid for Santana's guitar.

CCAF sent out applications to regional non-profit HIV/AIDS service agencies. Seven applications were approved for funding through six agencies. Approved applications were submitted by Center for AIDS, Research, Education and Services (CARES), Breaking Barriers, Center For Complimentary Care, Hand to Hand Foundation, Chemical Dependency Center for Women, and Harm Reduction Services.

The event drew a crowd of approximately 6,000 to the tennis match and approximately 500 to the auction. CCAF board members did a "smashing" job putting this event together. CCAF is also credited for putting on other successful events, including the Capital City AIDS Dance-O-Rama, Boo Bash, Ruby Slippers state productions, and the community's highest profile annual event - the Sacramento Valley AIDS Walk. CCAF has raised and donated hundreds of thousands of dollars to Sacramento area HIV/AIDS service providers. ▼



Billie Jean King and Carlos Santana at the auction podium.



Musician Carlos Santana speaks with teammate Pete Sampras on the court.



Pete Sampras returns the ball.



Shallow Gal

COWBOY
pictures

BY STEFAN GRUENWEDEL
MGW STAFF

Catherine Breillat has issues. Consider that in 1987 she wrote and directed *36 Fillette*, about a fourteen-year-old girl's obsession with losing her virginity. In 2001 her 1976-directed film *Une Vraie Jeune Fille* finally came to the U.S. as *A Real Young Girl*, a frank and unaffected story

one) Elena (Roxane Mesquida) tries to enjoy her summer vacation despite her overweight, mopey twelve-year-old sister, Anais (Anais Reboux) always tagging along at their parents' insistence.

Incongruously placed next to a logging operation, the family's vacation housing settlement doesn't seem to offer much in the way of local distractions: just a beach and a trendy café. There's not much for the unsupervised children to do except contemplate their sorry fates and developing sexualities. Looks like they forgot to bring some books with them.

At the café they meet Fernando (Libero De Rienzo), a young law student from Italy who takes overly keen interest in jailbait Elena. The attraction is mutual. Within sixty seconds of first meeting, Elena and Fernando are French kissing as Anais grimaces and devours a bowl of ice cream across the table from them. Such willful disregard on the part of Elena for her sister is just one facet of the sisters' love/hate relationship. They both loathe each other because they're so different, yet love each other because they're sisters and only have one another

to lean on.

Their parents are distant at best and uncaring at worst. The father (Romain Goupil) is only eager to get back to work, which he does, and the mother (Arsinee Khanjian) is mainly interested in sunning herself by the pool. The hapless adults believe that by keeping the girls together at all times, they'll police each other. Little do they know that Elena pretty much does what she pleases, tagalong sister or not.

Of course, what lithe Elena pleases differs from what stud

Francesco wants. This junior playboy just wants sex. He's seeking an underage conquest. The virgin wants love first. Despite trying to act sophisticated by flirting heavily and smoking with the best of 'em, Elena remains emotionally stuck at fifteen. She is fifteen after all.

Ironically, her three-year-younger sister, through her unhealthy self-loathing, is the most realistic about men and sex — that is, if you accept director Breillat's blunt tenet. In her mind, virginity is an awful state of being because all you can

look forward to is losing it. No matter how it happens, it'll be painful, embarrassing, unpleasant, and unforgettable. Anais voices this sentiment and tells Elena in no uncertain terms that she'd rather lose her virginity to someone she hates rather than someone she (thinks she) loves. As fate would have it — which means Breillat wills it that way — Anais gets her chance to do just that moments before the film ends. I'm not giving much away here; so much tension mounts toward, you know something is about to happen. What transpires is unexpected to the point of absurdity (you'll shrug your shoulders), but it seems to make Breillat's perverse point that (straight) men suck. Is that shallow thinking or a dead-on evaluation? Depends on your politics or personal experience, I suppose.

Fat Girl was banned in Canada by the Ontario Film Review Board on the grounds that it offends "contemporary provincial moral standards." That's not too surprising, although it is unfortunate. The sex, while tame, is not hidden — and the nudity is even more explicit. The talk about sex (of which there's more than actual sex) is realistically enacted too. Instead of giggles and wisecracks, they keep it serious, as it should be.

Fat Girl opens February 1 at The Crest Theatre. ▼

Info. cowboypictures.com/fatgirl, ama-soeur.com.

Fat Girl. Starring Anais Reboux, Roxane Mesquida, Libero De Rienzo. Written and directed by Catherine Breillat. (Rated R, 83 min., in French with English subtitles)

about the emotional complexities that ensue as a teenager discovers her body.

Sexual discovery, and the way teens handle it, has become such a hackneyed theme in movies that it takes much originality and some amount of daring to explore truly new territory. Breillat certainly can't be accused of telling yet another teen love/sex story now, but it's hard to know exactly what she's after in *Fat Girl*, the latest in her series of stories about girls and sex.

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German Films Land In The Bay

BY STEFAN GRUENWEDEL
MGW STAFF

Films opening at the beginning of the year are usually mediocre because studios have already released their Oscar contenders by December. For a change of the bland scene, check out the Berlin and Beyond Film Festival, now in its seventh year, which features films from Germany, Austria, and Switzerland. It runs the gamut from box-office hits and documentaries from veteran filmmakers to short films and directors' first features.

Although the festival's San Francisco run ends January 16 at the Castro Theater (at Castro and Market Streets), it continues at Mendocino's Point Arena theater (on Highway 1 between Sea Ranch and Mendocino) from January 18-19. You can also catch it at San Francisco's Yerba Buena Center for the Arts (701 Mission Street) on March 6 and April 3.

Here's what's playing:

Wilfried Huismann's *Lieber Fidel: Maritas Geschichte* (*Dear Fidel: Marita's Story*) is the fascinating documentary about nineteen-year-old Marita Lorenz who fell in love with the Cuban dictator in 1959. After spending

nearly a year with Castro, she became pregnant and was forced into an abortion before he cast her off the island. She was subsequently recruited by the CIA to assassinate him. (Screens January 15, 7pm at the Castro Theater and January 19, 5pm at the Point Arena theater.)

Stefan Jaeger's *Birthday* tells the story of four friends who meet to celebrate their thirtieth birthdays, making good on a promise they made to each other while still in high school. Unexpectedly, one of them intends to take her life on hers, and it's up to the others to stop her. (Screens January 15, 9:45pm at the Castro.)

Gripsholm, from Xavier Koller, is a sweeping drama about the emotional, frivolous summer of 1932 just before the Nazis changed Europe forever. It's a moving portrayal of how relationships can be reshaped by exterior circumstances beyond anyone's control. (Screens January 16, 7pm at the Castro followed by the closing night party.)

Now in Mendocino, **Nathalie Steinbart's *Endstation: Tanke*** (*The Middle of Nowhere*) concerns a small-time thief who escapes from prison, only to find himself mistaken by a small town as the man who recently pulled off a real estate scam and

stole the villagers' savings. He takes shelter from the angry mob in a nearby gas station, where the young female attendant is willing to help him. (Screens January 18, 7pm at Point Arena.)

Local filmmakers **Iana Porter** and **Sasha Waters** dig beneath the surface of the leather and latex, whips and chains that symbolize S&M in their documentary *Whipped*, about the lives of three New York professional dominatrixes. (Screens January 19, 3pm)

Finally in ***Mondscheintarif*** (*Moonlight Tariff*), directed by **Ralf Huettnner**, love, sex, and everyday vanities are seen through the eyes of a young woman tormented by a new-

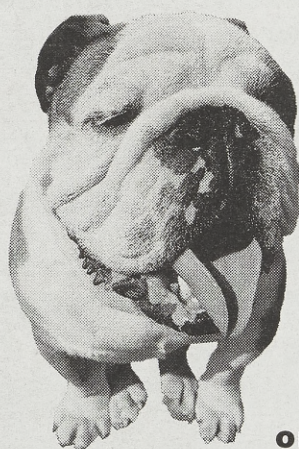
found love, and through a lens that makes unexpected twists and turns. (Screens January 19, 8pm)

In coming months, you can see two new documentaries at Yerba Buena Center for the Arts: **Michael Chauvistre's *Mit IKEA Nach Moskau*** (*To Moscow with IKEA*). It's about two IKEA employees who leave their families and venture to Moscow to open Russia's first IKEA store – which is not without its difficulties – and **Erich Schmidt's *Meier 19***, about a Zurich police officer who finds evidence that his own boss has been stealing officers' wages. ▼

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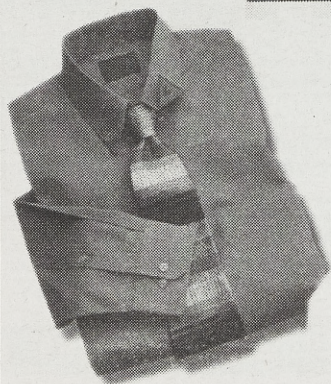
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>>> Continued from page 16

Eating Smart Into The New Year

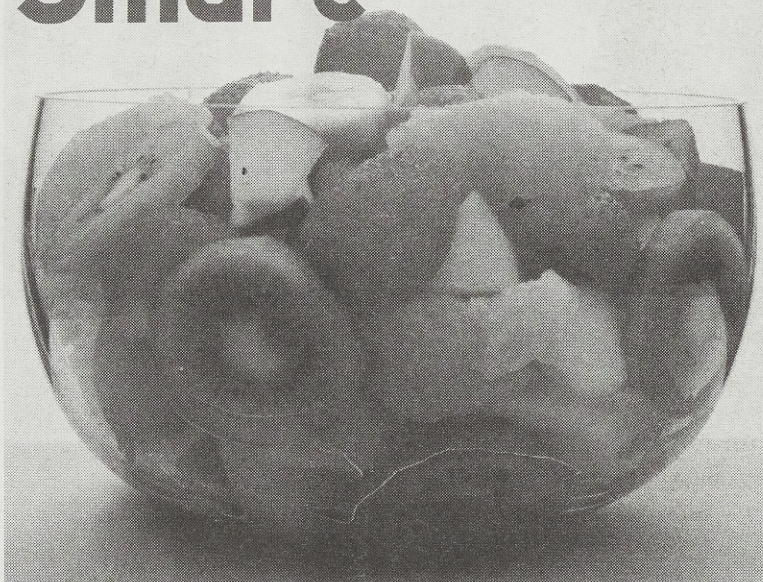
you. Doctors now say iceberg is barely green. It isn't bad for you, but it's hardly more nutritious than water. Romaine and other dark-green leafy vegetables, however, contain flavonoids. Try to get a little color in your salad bowl. The general rule is that dark-green vegetables are good for your heart, pale vegetables are neutral. Orange and red can be good too, in some cases. Some of the best are romaine, spinach, broccoli, and carrots.

Peanut Butter

We used to think that it has lots of protein, so it's good for you. Doctors now say that the kind sold in supermarkets is full of trans-fatty acids, which are bad for the heart. Eat "natural" peanut butter, the kind in which the oil rises to the top. Nuts are a good news, bad news food. The bad news is that they're full of oils that aren't great for the heart; the good news is that they contain vitamin E. Stick with natural peanut butter, cashews, and almonds.

Salmon Or Shrimp

We used to think shrimp is relatively high in cholesterol, so salmon is healthier. Doctor's now say that cholesterol is a red herring. But salmon is high in omega-3 fatty acids, which may actually protect against heart disease. Shrimp is O.K. for most peo-



ple, but salmon is among the best non-vegetarian foods on the market. Salmon has omega-3 acids, and so do plenty of other fish. But not all sea and lake dwellers are equally blessed. Salmon and mackerel score high in omega-3 acids.

Meat Vs. Poultry

We used to think that red meat is higher in cholesterol than chicken, so stick with the birds. Doctors now say that saturated fat is the real problem. Chicken is still better, especially if you avoid fatty skin and dark meat. Order the chicken (but not fried). In general, the leaner the meat, the better — and wild game tends to be the leanest. Try buffalo, veni-

son, lean pork chops, and chicken.

Olive Oil

We used to think it's a form of fat, therefore fattening and avoid it. Doctors now say your body needs some fat, and since it's mostly monounsaturated, olive oil is easy on cholesterol levels. In fact, it drives down the levels of bad cholesterol and triglycerides, both of which harden vital arteries. Don't guzzle the stuff, but it's fine for cooking and drizzling on salads. Olive oil and canola oil are best. Palm oil is the worst.

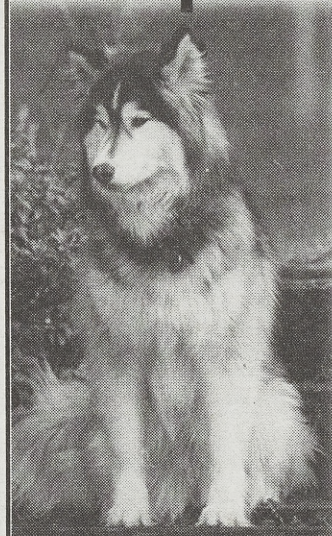
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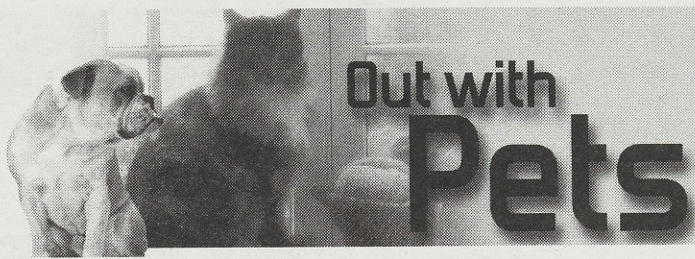
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Mom Guess What Newspaper

January 15, 2002

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Behold The Bearded Dragon



By RANDY JAMISON
MGW STAFF

All bearded dragons originated in Australia, though there are now very stringent laws restricting the exportation of wildlife from that country. Bearded dragons bred in captivity today are either descendants of dragons exported prior to these restrictions, or they're animals smuggled illegally out of Australia.

"Beardies" are normally a silvery gray color, with a darker pattern on the back and legs. These attractive and startlingly colorful lizards are in great demand as pets. Although the brightly colored lizards are more expensive than the traditional green ones, youngsters can typically be bought for less than \$100.

Even though they're called "dragons," these ground-hugging lizards look nothing like an upright, mythical dragon with a long, snakelike neck. The bearded dragon has a heavy,

flat body, large head, short neck, and scales varied in color, size, and shape.

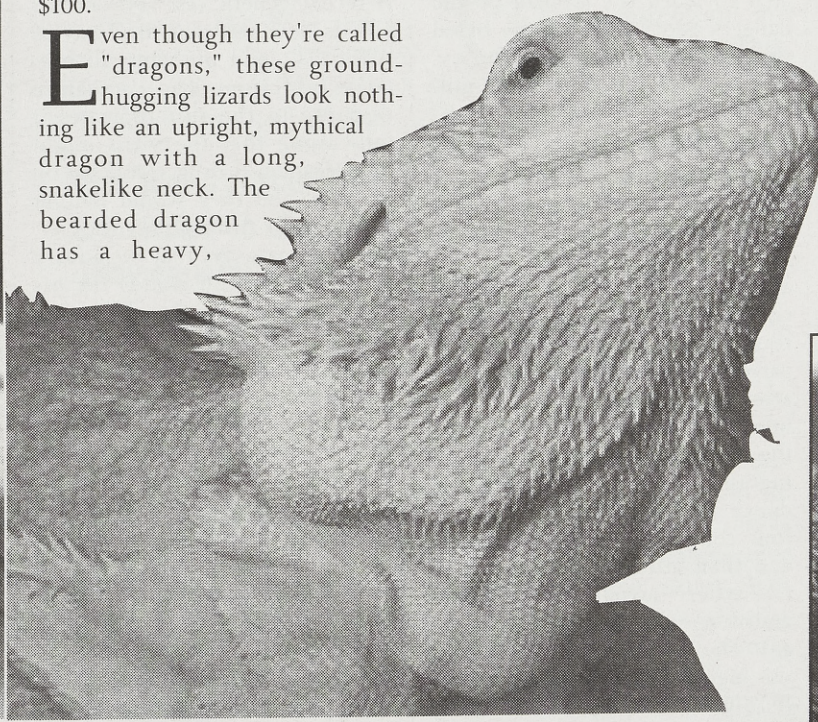
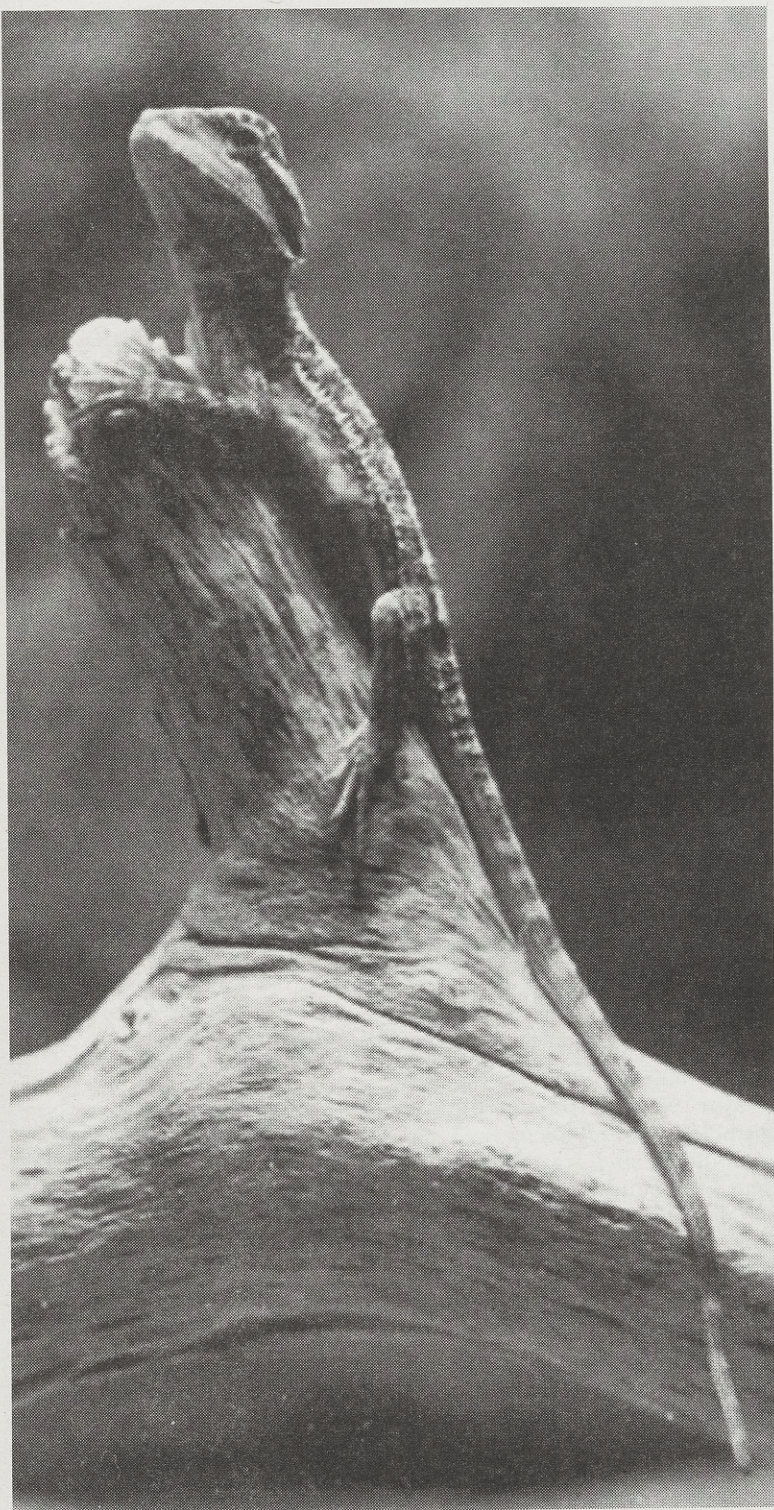
Adult males reach two feet in length, about half of which is their tail. Females are a little shorter and are slightly built. Beardies have a prickly appearance, with spiny protuberances along the edges of the beard, sides, and tail. But they don't feel prickly. In fact, their underside is quite soft!

Beardies are easy to care for in captivity. They eat insects (crickets, mealworms, and waxworms) and plants (chopped greens and grated vegetables), and the vegetable diet can be just like an iguana's. Since an adult will reach two feet in length, the minimum cage size should be two feet wide by four feet long.

The substrate should be clean sand, and accessories should provide several places for the beardie to hide.

Because they're desert reptiles, beardies need heat: One end of the cage should be 90 to 95 degrees Fahrenheit. The other end should be room temperature. The temperature difference allows the lizard to regulate his body temperature by moving around. Also, beardies require a fluorescent UV-B light above the cage, which takes the place of the natural sunlight they would get living outside.

Beardies are often called "naturally tame" because, unlike other lizards, they don't seem to mind being handled by people and rarely try to escape from your hands. This tameness can be encouraged by slow, gentle handling. Never chase a lizard around its cage; that will make it leery of your hands. When holding one, do so gently, without squeezing it.



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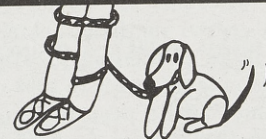
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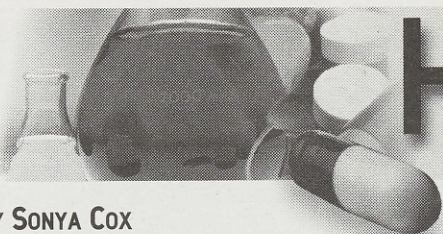
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HIV Newsline

Mom Guess What Newspaper

January 15, 2002

18

By **SONYA COX**
AIDS/HIV EDITOR

On the HIV Front

California sidesteps overall AIDS increase...

The number of new AIDS cases increased in the U.S. last year, indicating that many Americans may not be taking the disease seriously enough. About half are in young men under age twenty-five who apparently perceive HIV to be easily treatable with the wide array of meds now available. They do not at all understand the true nature of these toxic drugs, the side effects, and impact they have on people's bodies and lives. They perceive AIDS as a history lesson that happened before they were born, or when they were just small children, but they are in danger now of repeating history.

A growing number of young men in their early twenties in Sacramento are positive, something that one would have hoped would not have happened at all in this day of info widely available from both physicians and from those with whom these young men are having unprotected sex.

Numbers of new cases over the six years prior to 2001 generally held at fewer than 40,000 new cases per year, but health departments nationwide, still accumulating statistics, have reported over 42,000 cases for 2001. Most of the increase comes from the east coast where Kentucky shows a 59% increase, New York City (which reports separately from NY state) reports a 47% increase, and Georgia and North Carolina a 41% increase in the number of cases over the year before. On the other side of the coin, the rate of new cases in California dropped by 9%. While this is good news, Michigan reports a 28% decline – and hopefully Californians can soon match that. AIDS is now the fifth-leading cause of death among US citizens – the American Heart Association reports that heart disease remains the leading killer, with 959,000 deaths last year; cancer 549,838; accidents 97,860; Alzheimer's 44,536; and HIV/AIDS 14,800 deaths.

South African president pleads to stop child rapes...

South African leaders have been shocked by a growth in the number of rapes of babies and children in late 2001, many perpetrated by men who believe that sex with a virgin will cure them of AIDS. The country's President Mbeki used his New Year's message to ask the country to break the silence even though the rapes "occur in our homes, they occur amongst relatives, they occur among people who know

one another." He called on families to "report the wrongdoers to the police, and make sure that the system of justice punishes these people appropriately." An estimated one in nine South Africans has HIV.

High settlement awarded in tainted blood lawsuit...

The family of a woman who died in 1992, eight years after receiving HIV-tainted blood in an operation, won their case that went all the way to the Tennessee Supreme Court. The woman received a transfusion during jaw surgery in 1984 at Vanderbilt University Medical Center, with blood obtained from the Red Cross at a time when the dangers of transmitting HIV through blood were becoming known, and just before the Red Cross started screening for HIV in all blood. The woman did not even know she received a transfusion during her surgery, and did not learn she was infected until her two-year-old daughter died from AIDS-related pneumonia in 1989. The Red Cross settled with the family out of court for an undisclosed sum, but the hospital chose to let the matter go to court. The court unanimously ruled that the hospital was obligated to warn the woman of the dangers associated with the blood she received during her surgery, and awarded the family \$4.3 million.

Sexual risks increase at circuit parties...

A study of 295 gay and bisexual men in the San Francisco area asked participants about their drug use and sexual risk behavior during their most recent circuit party weekend compared to the most recent weekend attending neither a dance club nor a circuit party (defined by the researchers as weekend partying using drugs so participants can dance and socialize for twenty-four continuous hours or longer, and then attend after-hours parties where sexual risk behavior and drug use may be even higher). The researchers found drug use highly prevalent and markedly higher during circuit-party weekends – 80% used ecstasy, 43% crystal methamphetamines, and high percentages of other drugs ranging down to 12% usage of amyl nitrite poppers. The majority (53%) used four or more drugs within twenty-four hours. In contrast to overall high rates of drug use during circuit party or dance club weekends, drug use prevalence was generally low during nonevent weekends. Unfortunately, HIV-positive participants reported higher rates of sexual ac-

tivity than HIV-negative participants. Prevalence of anal sex was high, with nearly half of participants reporting having anal sex, and unprotected sex among 21% of HIV-positive and 9% of HIV-negative participants.

The researchers did not include in their findings any references to whether or not HIV-positive study participants could remember to take their HIV drugs during the circuit weekends, or the effects on their health of skipping their meds, or mixing HIV drugs with the party drugs.

Pharmacist error results in lawsuit...

A pharmacist's error in dispensing 200 mg pills of Crixivan instead of 400 mg gave a Boston man's HIV the opening it required to develop a resistance to the powerful drug and a host of other AIDS medicines, alleges a recently filed lawsuit. The forty-year-old man has been positive since 1985 and fanatical about his pill regimen because over time his options had become limited and he knew he must not deviate at all from his drug regimen. As a result of the error, the suit contends, he may soon run out of treatment options.

A recent genetic test revealed his HIV is now resistant to Crixivan, AZT, 3TC, and probably all protease inhibitors. The company's response to the suit indicates it will argue that the virus might have developed drug resistance on its own, and they would neither confirm nor deny a pharmacy error. The man says that in January 2000, the lymph nodes on his neck became tender. The next day, he discovered he had been taking half the prescribed dosage of Crixivan for three weeks. A blood test found 189,000 copies of HIV per milliliter of blood, a severe and sudden change from his long-time undetectable status. Fatigue has caused him to cut back from full-time work. His suit seeks \$257,000, mostly in projected future lost wages.

News from UCD Medical Center...

New treatment center to focus on the medically underserved and vulnerable. With a \$2.25 million grant from the National Institutes of Health, Thomas Evans, chief of the Division of Infectious Diseases at UC Davis School of Medicine and Medical Center, is leading the effort to develop the "North-Central California Center for AIDS Research" to address all aspects of HIV infection, from the laboratory bench to community outreach. It will incorporate local clinical expertise from UC Davis physi-

cians, CARES, and other providers, as well as internationally renowned experts.

"Our goal is to harness the tremendous strength of these individual programs and direct our collective efforts to outreach and translational research." The program at San Joaquin General Hospital, for example, treats about 300 people each year, most of whom are geographically isolated, poor, multi-ethnic, and non-English speaking. Many are migrant workers who are already in an advanced stage of the disease when they first visit the clinic. They also need special assistance in complying with treatments, and new educational approaches that address cultural issues to effectively stop the spread of HIV.

Renowned AIDS physician joins UCD faculty

Richard Pollard brings to Sacramento expertise in translating research findings into successful new therapies. He will establish a new AIDS Clinical Trials Unit at CARES, and develop a state-of-the-art Immunology Support Laboratory at UC Davis Medical Center. The specialty laboratory – the only one of its kind on the west coast, and one of only six in the nation – will provide a comprehensive array of testing services to evaluate the effectiveness of new HIV therapies. It will also serve as a resource to AIDS clinical trials on the West Coast. Pollard is a virologist who has studied the body's immune response to infection and has developed new therapies for AIDS, hepatitis B, cytomegalovirus, and other diseases for twenty-five years. He comes from the University of Texas in Galveston, where he was a professor of internal medicine, pathology, microbiology, and immunology, and was director of the NIH-funded AIDS Clinical Trials Unit. He will play a major role in bringing the latest AIDS treatments to at-risk populations throughout Northern California. Welcome!

Activist recovering...

AIDS activist, author, and play writer Larry Kramer is doing well after a recent liver transplant performed at the University of Pittsburgh Medical Center. HIV-positive Kramer's health has been good through the years, until seven months ago when he began to suffer the effects of liver failure caused by Hepatitis B. He was placed on the organ transplant waiting list. Major surgeries for folks with HIV are becoming more common due in large part to new HIV medications allowing people to maintain better overall health and much longer life spans.▼

In Loving Memory of friends lost in January

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JANUARY 1987:
Herb Finger Kevin Wulfert

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Terry Pennington Kenneth Morrison
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Rob Roy Frisch Bill Gilliam

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Peter David Lucero John Paddock
Gerald O'Brien Paul Barnes

Gregory Harlan
JANUARY 1992:
Lance Brown Ruth Smith
Chuck Kitlinger Michael Scott Olson
Herman Adams, Jr. Malik Springs

JANUARY 1993:
George Whitfield Jean Anderson
Chris Bolton Fran Findley
Joseph Torres Glenn Olson
Jimmie Hildebrand Bob Foti
Larry Paladini

JANUARY 1994:
Randy Gray Ron Drake
Michael Rosenberg Scott Holkko
Hugh Hayes Dale Rezabek
Gregory Freeder Patrick Butler
Jim Hatton James Hutton
Frank Zadnik Ron Harmon
Mark Baptista Bill Miller
David Fithian

JANUARY 1995:
Paul Starr-Fuhr Sean Hoag
Scott Alderson Paul Hayes
Christopher Logan Tony Gonzales
Chuck T. Jesse S.
Lloyd White
Steven Loren Yardley

JANUARY 1996:
William Womack Bill J.
Robert Gilbert Dr. Robert Walter
Daryl Seibel Kathleen Thomas
Andre Smith Elsworth Ensley
James Corregan Elliott S.
Brian B. Joseph Twyman
Billy Hildebrand Michael Bowns

JANUARY 1997:
Gregory Estep

JANUARY 1998:
John B.

Robb Wendell Campbell
JANUARY 1999:
Steve Dolan Gary Hayes Groff
Rev. Merrill Follansbee

JANUARY 2000:
William Knudson Bradley Long

JANUARY 2001:
Lori Jaeger

JANUARY 2002:
Alta Mae Redondo

DECEMBER 2001:
Keith "Sammy Joe" Thomas

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Change – What Can You Do About It?

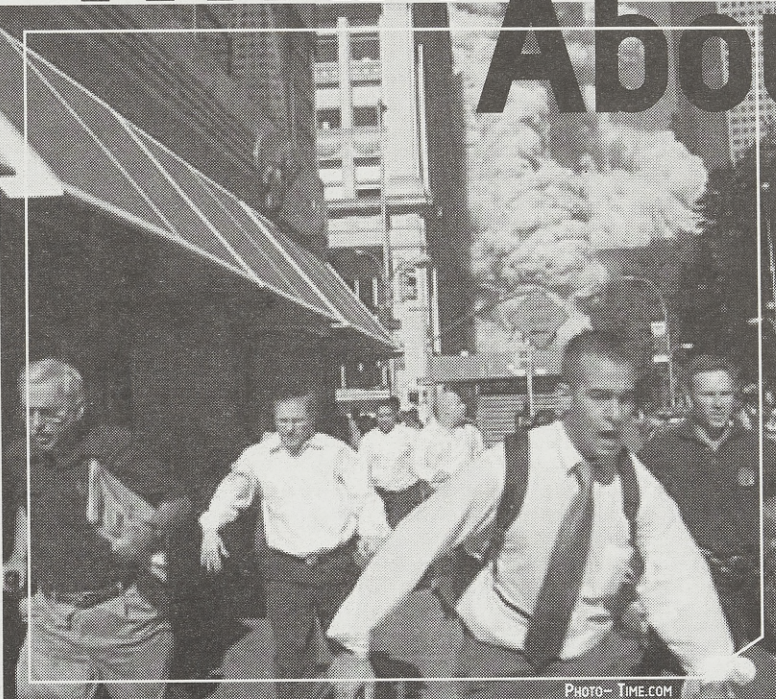
BY DR. JEFF CHERNIN Ph.D.
MGW STAFF

Many people begin the New Year thinking about change. There are three types of change. The first has to do with events over which we have no control, or global changes. The second type of change has to do with what I call our "sphere of influence." The third kind is what we have most control over – we can change ourselves.

When things are changing around us, we still have control over one thing: our attitude. Whenever I hear someone talk about "the good ol' days," I think that this is a person who is stuck in the past and clings to certainty. Unfortunately, with September 11, 2001 an unchangeable reality, we must live in a new world.

On the other hand, since most change happens outside of our control, the healthiest way of coping is to realize that change is inevitable.

When change occurs on a global scale, and especially if you feel despair, you still have options. One way to feel better is to get involved. Not everyone



has the capacity to devote their life a cause, but each of us can impact our world in small, yet important, ways.

Moving from global to local concerns, have you ever wanted to change your family of origin? Your spouse? These questions involve a discussion of the second type of change. Although we cannot change people, we can certainly influence them.

If you remember **Barry Goldwater** before he became pro-gay, you would never have believed he would change. Considering that his grandson came out to him prior to his conversion, the power of his grandson's influ-

ence should not be underestimated.

Perhaps one of the most interesting stories regarding our sphere of influence involves a Neo-Nazi and a rabbi's family. The skinhead continually harassed the rabbi and his family by telephone, but

"New Year's resolutions are similar to diets. They generally don't work either"

they were always kind to him. One day, while talking to the rabbi's wife, he simply opened up about his personal life. He

started to strike up conversations with the entire family, and he learned to like the people he once despised. Eventually, he renounced his racism, became their friend, and publicly speaks out against racism. I believe that this family and the ex-skinhead are aware of their ability to influence others.

As with the people in this story, we can also change the way we respond to others. This leads to the third type of change: changing ourselves. It's a hard balance. Sometimes we take on too much. A useful metaphor for change related self-defeat is rapid weight loss dieting. Dieting is self-defeating because our "set point," or equilibrium, can only shift in small increments.

Unfortunately, New Year's resolutions are similar to diets. They generally don't work either. That's why there is always an influx of people at the gym in January...which subsides by February. Most resolutioners are tenaciously determined to work out every day of the week, which is too much for beginners. When they miss a trip to the gym, they give up.

That's not to say that you should not resolve to make changes. In fact, that's how personal change begins: with an idea. You will have better results if you make small changes over a period of time rather than making unrealistic promises or doing too much at once. Not

giving up also works – people often make dozens of attempts before finally giving up smoking.

Also, be sure that your motivation comes from within. And don't be too hard on yourself. Slipping or "relapsing" is part of personal change. We can't learn to walk without taking our share of falls.

So, for personal change, remember to make small, realistic goals. Don't make promises to yourself that you can't keep – it will only make changing more difficult. Do not try to change others: You can't force people around you to be different. You can influence people, though. As for those changes completely outside of your control? The less you wish for things to be different, the happier you'll be! ▼

Jeffrey Chernin, Ph.D. is an author and Marriage and Family Therapist in Los Angeles. He can be reached at jnchernin@aol.com.

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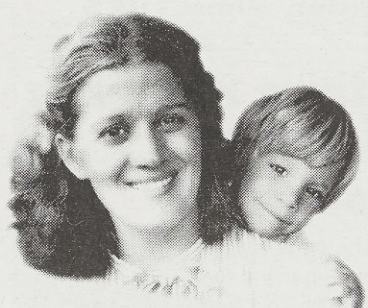


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Don't Invite Burglars In...

By Moira Little
MGW Staff

Imagine coming home to find that someone has broken into your home and stolen valuable items and ransacked your personal possessions.

The feeling of devastation and loss of security can be overwhelming for victims of burglary. It's a crime we are all vulnerable to – whether we live in a city or rural area, have a high or low income, live in a house or in an apartment or condominium.

According to the FBI, a burglary happens every fifteen seconds in the United States. It's a serious crime. The problem is many of us, through our own carelessness, make it easier for burglars to carry out their work.

A few simple steps can make your home a harder target for burglars:

- Lock all outside doors before you leave or go to bed.
- Lock all windows.
- Leave a few lights on when you are not home.
- Keep all garage doors closed and locked.

- Do not allow daily deliveries, like newspapers and mail, to pile up when you are out of town. Ask a friend or neighbor to pick them up for you, or arrange to have deliveries stopped until you return.
- When you're on vacation, arrange to have someone take care of your yard work.

Other things to consider...

- Contact a locksmith for advice on pick-resistant locks for your doors, sliding glass doors, and windows.
- Don't leave keys under flower pots, doormats or other "secret" hiding places...burglars know them all.
- Keep a detailed inventory of all your personal possessions. Include a description of the item, date of purchase, original value, and any serial numbers. A video tape can be helpful.
- Be a good neighbor; if you notice anything suspicious in your neighborhood, contact the police immediately. ▼



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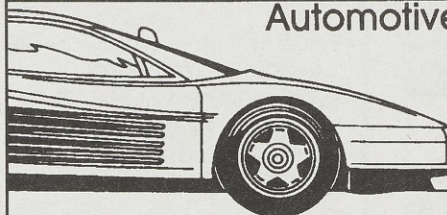
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Calendar

January

15	TUESDAY
MARTIN LUTHER KING, JR. DAY CAPITAL CITY SQUARES BEGINNER CLASS, 6:30pm, Jefferson School, 2001 Pebblewood Dr., Natomas, 929-8697 IN THE LIFE, 11pm, KXII Channel 6, inthelifev.org	
16	WEDNESDAY
ALISON BECHDEL, 7:30pm, UC Davis Celeste Wright Hall, 1 Shields Ave., 530-752-3372 FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com	
17	THURSDAY
BERNADETTE CHIANG FUNDRIASER, 5:30pm, Fat City, 1001 Front St., 395-9684 LOW-FAT CASSEROLES, 6pm, Davis Co-op, 620 G St., Davis, 530-758-2667 POZABILITIES SOCIAL, 10am, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com	
18	FRIDAY
DYKES OUT TOGETHER POTLUCK & MOVIE, 6:30pm, 966-5264	
19	SATURDAY
CHRISTY FRIEDERICH, 4pm, Davis Co-op, 620 G St., Davis, 530-758-2095 ext. 39 FAMILY CONNECTIONS ADOPTION INFO SESSION, 11am, 1771 Tribute Rd. Ste. G, 568-5966 FISH SCALES & TALES, 1:30pm, Effie Yeaw Nature Center, 6700 Tarshes Dr., Carm., 489-4918 FRONTRUNNERS FUN RUN, 9am, Guy West Bridge near CSUS, frsjames@home.com OAS STEVEN'S TRAIL DAY HIKE, North Fork of Amer. River, oas_news@hotmail.com OLYMPIC TORCH RELAY, Old Sac., 558-3912, 264-7031 SAC. SIRENS FOOTBALL GAME, Cosumnes River College, 726-7664 WILD MUSHROOM FESTIVAL, Navarro, Mendocino Cnty., 707-773-1011, somamushrooms.org WOMEN'S MUSIC NIGHT, Duval Speck, Ericka Luckett, & Kristi Martel, 7pm, Common Grounds, 2171 Cowell Blvd., Davis, 530-756-8260	
20	SUNDAY
BUTCH/FTM BONANZA, 7pm, El Rio, 3150 Mission St., SF, 415-FE2-8000 HABITAT IMPROVEMENT, 8am, Effie Yeaw Nature Center, 6700 Tarshes Dr., Carm., 967-0777 NISENAN INDIAN VILLAGE GUIDED TOUR, 1:30pm, Effie Yeaw Nature Center, 6700 Tarshes Dr., Carm., 489-4918 OAS SNOWSHOE HIKE, round trip up Hwy. 50 corridor, 451-4959, 663-1933 QUEER AS FOLK, 10pm, Showtime, queer.show.com	
21	MONDAY
BACW BOARD MEETING, 6:15pm, 55 New Montgomery Suite 524, SF, 415-495-5303 DYKES OUT TOGETHER MONDAY NIGHT FOOTBALL, 726-7664 FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com	

22	TUESDAY
CAPITAL CITY SQUARES BEGINNER CLASS, 6:30pm, Jefferson School, 2001 Pebblewood Dr., Natomas, 929-8697 THE WORLD OF GLBT FILMS & VIDEOS, The Handmaid's Tale, 7pm, LLACE, 1414 21st St., 492-0558	
23	WEDNESDAY
FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com GLBT VIDEO NIGHT, 7pm, LLACE, 1414 21st St., 492-0558	
24	THURSDAY
POZABILITIES SOCIAL, 10am, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com VOLUNTEER & DOCENT ORIENTATION, 9am, Effie Yeaw Nature Center, 6700 Tarshes Dr., Carm., 489-4918 ext. 224	
25	FRIDAY
AN EVENING WITH DORIS DAY, Pillow Talk, 7pm, Towe Auto Museum, 2200 Front St., 442-6802 DYKES OUT TOGETHER BOOK CLUB, 7pm, 451-7191 ORGANIST DAVE MORENO & PILLOW TALK, 7pm, Towe Auto Museum, 2200 Front St., 442-6802	
26	SATURDAY
CANDLELIGHT VIGIL FOR DIANE WHIPPLE, SF, marriageequalityca.org/ DYKES OUT TOGETHER PINOCLE, 5pm, 489-9039 FRONTRUNNERS FUN RUN, 9am, Guy West Bridge near CSUS, frsjames@home.com GLUTEN FREE BREAD COOKING CLASS, 4pm, Davis Co-op, 620 G St., Davis, 530-758-2095 ext. 39 GSA LEADERSHIP TRAINING, 9:30am, St. Ignatius Church, 3235 Arden Way, 482-9666 HOME SWEET HABITAT, 1:30pm, Effie Yeaw Nature Center, 6700 Tarshes Dr., Carm., 489-4918 SAC. SIRENS V. WILDCARD PLAYOFF FOOTBALL GAME, sacramentoisrems.net	
27	SUNDAY
QUEER AS FOLK, 10pm, Showtime, queer.show.com	
28	MONDAY
CULTURAL HIV QUESTIONS, AWARENESS, & NEEDS, 6pm, Ethel MacLeod Hart Multipurpose Senior Center, 915 27th St., 447-7063 ext. 371 DYKES OUT TOGETHER MONDAY NIGHT FOOTBALL, 726-7664 FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com LAMBDA PLAYERS AUDITIONS, Ritz, Sierra 2 Curtis Hall, 2791 24th St., 366-3904 POZABILITIES SOCIAL, 6pm, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com VAGINA MONOLOGUES AUDITION, 7pm, 3216 Riverside Blvd., 684-4251	

29	TUESDAY
CAPITAL CITY SQUARES BEGINNER CLASS, 6:30pm, Jefferson School, 2001 Pebblewood Dr., Natomas, 929-8697 DOCENT TRAINING BEGINS, 9am, Effie Yeaw Nature Center, 6700 Tarshes Dr., Carm., 489-4918 LAMBDA PLAYERS AUDITIONS, Ritz, Sierra 2 Curtis Hall, 2791 24th St., 366-3904 VAGINA MONOLOGUES AUDITION, 7pm, 3216 Riverside Blvd., 684-4251	
30	WEDNESDAY
DOROTHY ALLISON & JEWELLE GOMEZ, 7:30pm, UC Davis Celeste Wright Hall, 1 Shields Ave., 530-752-3372 FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com VAGINA MONOLOGUES AUDITION, 6:30pm, CSUS Shasta Hall, 6000 J St., 707-429-0814	
31	THURSDAY
NEW CO-OP MEMBER ORIENTATION DAY, Davis Co-op, 620 G St., Davis, 530-758-2095 ext. 39 POZABILITIES SOCIAL, 10am, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com VAGINA MONOLOGUES AUDITION, 6:30pm, CSUS Shasta Hall, 6000 J St., 707-429-0814	
1	FRIDAY
BACW TGIF, 6pm, Sausage Factory, 517 Castro St., SF, bacw.org DYKES OUT TOGETHER PINOCLE, 6pm, 971-9337 LANAE FESTIVAL, 1pm, CSUS, 6000 J St., 278-6702	
2	SATURDAY
CAMELLIA SYMPHONY ORCHESTRA WINTER CONCERT, 8pm, Westminster Presbyterian Church, 1300 N St., 929-6655 FRONTRUNNERS FUN RUN, 9am, Guy West Bridge near CSUS, frsjames@home.com KAREN L. EDEEN, 10am, Hospice Thrift Shop, 3257 Folsom Blvd., 457-1877 LANAE FESTIVAL, 8am, CSUS, 6000 J St., 278-6702 GLS CROSS-COUNTRY SKIING, 443-6168, 444-4499 MUSIC CIRCUS AUDITIONS, children ages 7-14 only, 448-1239 WINTER WINE & FOOD FEST, Sac. Convention Center, 372-2995 WOMEN'S FOOTBALL CONFERENCE CHAMPIONSHIPS, sacramentoisrems.net	
3	SUNDAY
AMER. RIVER THEATRE AUDITIONS FOR THIEVES' CARNIVAL, 7pm, 4700 Collegal Oak Dr., 484-8433 GLS SNOWSHOE HIKE TO ROBBS PEAK, 421-6209, 209-368-9414 LANAE FESTIVAL, 8am, CSUS, 6000 J St., 278-6702	
4	MONDAY
AMER. RIVER THEATRE AUDITIONS FOR THIEVES' CARNIVAL, 7pm, 4700 Collegal Oak Dr., 484-8433 DYKES OUT TOGETHER MONDAY NIGHT FOOTBALL, 726-7664 FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com POZABILITIES SOCIAL, 6pm, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com	
5	TUESDAY
EARTH DAY 2002 PLANNING MEETING, 6pm, Natural Foods Co-op Learning Center, 1900 Alhambra Blvd., 739-6705, saearthday@aol.com GIRLS' MIDDLE SCHOOL BASKETBALL REGISTRATION, 8:30am, La Sierra Community Center, 5325 Engle Rd. Ste. 100, Carm. 483-7826 HEART TO HEART EMOTIONAL GROUP, 6:30pm, CARES, 1500 21st St., 386-2504	
6	WEDNESDAY
A TASTE OF MIDTOWN, 5:30pm, Midtown Sac., 558-3751 FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com	
7	THURSDAY
POZABILITIES SOCIAL, 10am, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com RECYCLING! TOYS FROM TRASH, 2:30pm, Davis Co-op, 620 G St., Davis, 530-758-2095 ext. 39	
8	FRIDAY
DYKES OUT TOGETHER PLANNING MEETING, 6:30pm, 971-9337 MARDI GRAS, 5pm, Fwy. Gardens, 2nd & K St., 558-3912	
9	SATURDAY
DYKES OUT TOGETHER VALENTINE MOVIE & POTLUCK, 5pm, 726-7664 FAMILIES FIRST VALENTINE'S BALL, Sac. Convention Center Grand Ballroom, 530-753-0220 FRONTRUNNERS FUN RUN, 9am, Guy West Bridge near CSUS, frsjames@home.com GLS URBAN HIKE, SF, 451-4959, 663-1933 MARDI GRAS, 11am, Fwy. Gardens, 2nd & K St., 558-3912	

Art Galleries

BERKELEY ART MUSEUM; Face Of Buddha: Sculpture From India, China, Japan, And Southeast Asia, thru 2003; 2625 Durant Ave., 510-642-1208 CA PALACE OF THE LEGION OF HONOR; Marks of Creativity: Recent Acquisitions of Contemporary CA Drawings, thru Feb. 10; Richard Diebenkorn, Jan. 19-Apr. 28; Dreaming with Open Eyes: Dada & Surrealist Art from the Vera, Silvia, & Aurora Schwarz Collection, Feb. 2-Apr. 28; Selected Masterworks: Marcia & John Friede Collection of New Guinea Art, Feb. 2-May 5; Joan Miro, Jan. 26-May 19; 100 34th Ave., SF, 415-750-3614 CENTER FOR CONTEMPORARY ART; Views of the Urban Landscape, Jan. 12-31; 1516 del Paso Blvd., 927-2278 CHROMA GALLERY; Little Treasures, thru Feb. 2; 10030 Fair Oaks Blvd., FO, 966-6020 CROCKER ART MUSEUM; Henry Sugimoto, Jan. 26-Mar. 24; 216 O St., 264-5423 DOIRON GALLERY; Holiday Art Extravaganza, thru Feb. 5; 1625 Del Paso Blvd., 564-4433 JAY JAY; Peter Siegel, thru Feb. 16; 2906 Franklin Blvd., 456-7650 JOHN NATSOULAS; D.A. Bishop, Barbara Spring, Sita Seng, & John N. de Wit, thru Jan. 27; Glenn Takai, Feb. 27-Mar. 24; 521 First St., Davis, 530-756-3938 MATRIXARTS; The Body Matrix, thru Jan. 30; 1518 Del Paso Blvd., 923-9118, matrixarts.org MOCA MUSEUM; Matta in America: Paintings and Drawings of the 1940s, thru Jan. 6; 250 South Grand Ave., LA, 213-621-2766 PRESIDIO OFFICERS' CLUB; Meiji Japan: A Walk Through Time, thru Jan. 21; 50 Moraga Ave., SF, 415-561-5086 SAC. FINE ARTS CENTER, Pastel Society of the West Coast Signature Artists & Distinguished Pastelists Exhibit, Jan. 8-27; 5330 Gibson Dr., Carm., 991-2708 SF MOMA; Gred, Feb. 14; San Francisco Cinematheque 40th Anniversary Tribute: Recent Bay Area Films & Videos, Mar. 14; Restaging the Everyday: Recent Work by Beat Streuli & Fischli/Weiss, thru Mar. 17; Up & Out, Apr. 11; Hotel, May 9; Eva Hesse, Feb. 2-May 19; Perfect Acts of Architecture & Jack Stauffacher, Mar. 2-May 26; Points of Departure II: Connecting with Contemporary Art, thru June 9; Teknolust, Jun. 13; Scratch Cinema, Jul. 11; 151 3rd St., SF, 415-357-4000 SOLOMON DUBNICK; Jack Ogden, Arthur Sordillo, & New In 2002, thru Feb. 2; 2131 Northrup Ave., 920-4547 TOWE AUTO MUSEUM; The Studebaker Exhibit, thru Aug. 25; 2200 Front St., 442-6802 VIEWPOINT; Peg Karanen & Henry Paine, thru Feb. 15; Sac. Valley Photographic Art Center, 551 Sequoia Pacific Blvd., 441-2341 WEINSTEIN GALLERY; Leonor Fini & Her Contemporaries, thru Jan. 31; 362-8151
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10	SUNDAY
MARDI GRAS, 10:30am, Fwy. Gardens, 2nd & K St., 558-3912 SPCA VALENTINE ADOPTION FAIR, 11am, 243 Alabama St. & 1200 15th St., SF, 415-522-3569, 415-554-9414	
11	MONDAY
FAVORITE POEMS READING SERIES, Celebrate Your Opposite, 12pm, Central Library, 828 I St., 264-5558 DYKES OUT TOGETHER MONDAY NIGHT FOOTBALL, 726-7664 FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com POZABILITIES SOCIAL, 6pm, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com	
12	TUESDAY
FREEDOM TO MARRY DAY, marriageequalityca.org/ GLBT VIDEO NIGHT, 7pm, LLACE, 1414 21st St., 492-0558 HEART TO HEART EMOTIONAL GROUP, 6:30pm, CARES, 1500 21st St., 386-2504	
13	WEDNESDAY
FRONTRUNNERS FUN RUN, 6:30pm, McKinley Park near the tennis courts, frsjames@home.com OAS POTLUCK PLANNING MEETING, oas_news@hotmail.com	
14	THURSDAY
VALENTINE'S DAY POZABILITIES SOCIAL, 10am, Open Book, 910 21st St., 498-1004, sacvalleypozabilities@yahoo.com VALENTINE'S DANCE, 6:30pm, Crocker Art Museum, 216 O St., 264-7364	
15	FRIDAY
CA DEMOCRATIC PARTY STATE CONVENTION, thru Feb. 17, Westin Bonaventure Hotel, 404 S. Figueroa St., LA, 442-5707, bob@ca-dem.org CITRUS FAIR, Cloverdale, 707-894-3992, cloverdale.net	

Master Events Calendar

Real Women Project, realwomenproject.com.	January 20-22, 2002
Earth Day, EarthDay.net.	April 22, 2002
Sacramento Jazz Jubilee, sajazz.com.	May 2002
Sacramento Freedom Fair, 442-0185.	June 2002
San Francisco Lesbian & Gay Film Festival, 415-703-8650.	June 2002
San Francisco Pride, 415-864-0831, sfpride.org.	June 2002
Provincetown LGBT Family Week, 619-296-0199, familypride.org.	August 2002
Michigan Womyn's Music Festival, 231-757-4766.	August 2002
Sacramento Sierra Stampede, 978-4040.	August 2002
Sacramento Rainbow Festival 2001, 448-7798.	September 2002
Chico Pride Festival, chicopride2001@hotmail.com.	September 2002
S.F. Folsom Street Fair, 415-861-3247.	September 2002
Breast Cancer Awareness Month.	October
S.F. Castro Street Fair, 415-467-3354.	October 2002
National Coming Out Day.	October 11, 2002
Sacramento International Gay & Lesbian Film Festival.	October 2002
CAP/PAC Dinner/Auction, 736-2722.	October 2002
Sydney Gay Games, SAGA 451-8663.	November 2002
MGW Newspaper 23rd Anniversary Celebration.	November 2001
Election Day.	November 7, 2001
Reverend Ed Sheriff Day.	November 7, 2001
California Domestic Partners Law Anniversary.	November 16, 2001
S.F. Harvey Milk and George Moscone Killed.	November 27, 1979
World AIDS Day, 443-3299.	December 1, 2001

Theatre/Dance/Orchestra

AMER. RIVER THEATRE; Harvey, Mar. 1-10; Thieves' Carnival, Apr. 26-May 5; 4700 College Oak Dr., 484-8234 CA MUSICAL THEATRE; Lost in the Stars, thru Jan. 21; CSUS Sashta Hall, 6000 J St., 557-1999 CA WIND ORCHESTRA; Roswell & Dr. David Ehrke, Feb. 16; Ron Romm & Youth Artist Competition Winner, Apr. 21; Crest Theater, 1013 K St., 489-2576 CHAUTAUQUA THEATRE; Bee-Luther-Hatchee, thru Feb. 16; Bus Stop, Mar. 1-Apr. 6; Dr. Jekyll and Mr. Hyde, Apr. 19-May 25; 5325 Engle Rd., Carm., 489-7529 CSUS; Lost in the Stars, thru Jan. 21; Chamber Ensemble of the Pacific, Jan. 31; Spring Alumni Review, Feb. 16-17; Kronos Quartet, Feb. 19; Santos & Santos, Mar. 7-17; Robert Taub, Mar. 17; Bimbetta, Apr. 14; Pirates of Penzance, Apr. 11-21; Medea, May 2-12; S/BAD, Sept. 19-29; Dale Scholl Dance/Art, Nov. 1-17; Dance Recital, Dec. 6-8; S/BAD, Feb. 20-23; Dale Scholl Dance/Art, Mar. 7-23; Dance Concert, Apr. 10-13; 6000 J St., 278-4323 FOOTHILL THEATRE; Little Shop of Horrors, Feb. 28-Apr. 21; Grinder's Stand, May 2-26; Greater Tuna, Jun. 13-Aug. 18; The Taming of the Shrew, Aug. 30-Sept. 22; The Glass Menagerie, Sept. 26-Oct. 27; New Voices Of The Wild West, Oct. 31-Nov. 10; 888-730-8587 GARBEAU'S DINNER THEATRE; Groucho - A Life in Revue, thru Mar. 3; Death Trap, Mar. 8-Apr. 28; Bleacher Bums, may 3-June 23; Charley's Aunt, July 19-Sept. 8; Driving Miss Daisy, Sept. 13-Nov. 3; The World Goes Round, Nov. 8-Jan. 5; 12401 Folsom Blvd., Rancho Cordova, 985-6361 GOLD COUNTRY CHAMBER ORCHESTRA; Beethoven Trilogy, Jan. 26; Schoenberg Concert, Mar. 9; Spirit Of America, Apr. 6; First Church of Christ Scientist, 2300 Capitol Ave., 457-3337 LAMBDA PLAYERS; Ritz, Mar.22-Apr. 6; 366-3904 MAGIC THEATRE; The Eviction, Feb. 8-Mar. 3; Fort Mason Center Bldg. D, SF, 415-441-8822 MARINES MEMORIAL THEATRE; Stomp, ongoing; 609 Sutter St., SF, 877-771-6900 NAPA VALLEY SYMPHONY; Song from Scandinavia, Mar. 3-5; All American, Apr. 7-9; Apr. 28-30; Family Concert, Apr. 27; 707-226-6872 PAMELA TROKANSKI DANCE WORKSHOP; Davis Dance Project, Jan. 31-Feb. 2; Veteran's Memorial Theater, 203 14th St., Davis, 530-756-3949 RIVER STAGE; Playwright's Festival of New Works, Feb. 7-10, 2002; Gunfighter: A Gulf War Chronicle, Apr. 10-May 12, 2001; Acts Unbecoming a Golem, July 10-28, 2002; Cosumnes River College, 8401 Center Pkwy., 691-7364 RUSSIAN RIVER RESORT; Polar Bear Weekend, Jan. 18-20; Sabrina Matthews, Jan. 19; Cheryl Vendetti, Jan. 26; 16390 4th St., Guerneville, 800-4-1-RESORT SAC. MEN'S CHORUS; Burn Baby Burn!, Mar. 10-15; The Lavender Muse, June 23-29; Jean Runyon Little Theater, 1500 J St., 264-5181 SAC. THEATRE COMPANY; Benchet, thru Feb. 24; On The Way To Love, Jan. 15-Feb. 10; The Pavilion, Feb. 25-Mar. 24; Almost Grown Up, Mar. 27-June 2; Picasso At The Lapin Agile, Apr. 16-May 12; 1419 H St., 443-6722 SAN FRANCISCO OPERA COMPANY; The Merry Widow, thru Jan. 19; Tosca, thru Jan. 20; Madame Butterfly, June 9-July 5; Carmen, June 8-July 6; Giulio Cesare, June 19-July 7; War Memorial Opera House, 455 Franklin St., SF, 415-861-3330, sfopera.com THE STUDIO THEATRE; Talk Show, Feb. 8-Mar. 22; Six Women With Brain Death, ongoing; 1028 R St., 446-2668 THEATRE ON THE SQUARE; The Search for Signs of Intelligent Life In The Universe, thru Feb. 24; 450 Post St., 415-433-9500 THEATRE RHINOCEROS; Design For Living, Jan. 17-Feb. 16; location varies SF, 415-861-5079 UC DAVIS PRESENTS; National Acrobatics of Taiwan (R.O.C.), Jan. 17; Midori & Robert McDonald, Jan. 19; Tafelmusik Baroque Orchestra, Jan. 24; Imago: Frogz, Jan. 26; Rubin "Hurricane" Carter, Jan. 30; Stefan Harris Quartet, Feb. 1; Laurie Anderson, Feb. 6; 530-757-3199, ucdavispresents.ucdavis.edu THE WOODLAND OPERA HOUSE; The Heiress, Feb. 1-24; Eleanor, An American Love Story, Apr. 5-28; Corpse!, May 24-June 16; 340 Second St., Woodland, 530-666-9617
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Business Directory

Adoptions

Family Alliance, 9719 Lincoln Village Dr. Ste. 401, 364-8914

AIDS Services

Breaking Barriers, 1722 J St., #321, 447-AIDS
C.A.R.E.S., 1500 21 St., 443-3299
Heart to Heart Emotional Support Group, 1500 21st St., 386-2504
Metropolitan Community Center For AIDS, 1722 J St. #8, 447-2444
Names Project, AIDS Memorial Quilt, 3104 O St., PMB 357, ozinsac@aol.com, 484-5646

Antiques

Now & Again Antiques, 855 57th St., 454-9938

Associations

Alcoholics Anonymous, 26318 Riverside Blvd., Dan, 486-0331, Karla, 568-6714
Capital City Hoopsters, louden@aol.com
Capital City Squares, CapitalCitySqs@aol.com, 929-8697
Female to Male Soc., 646-1417, kpboxer@yahoo.com
FrontRunners & Walkers, 974-8199, frontrunners.org
Gay Fathers of Sac., 484-5636
Lambda Letters Project, 728-1261, lambdalp@aol.com
Log Cabin Republicans, 491-4974, sadlogcabin.org
Rainbow Bridge Speakers, Paula, 658-0892
Sac. Arts & Games Association, 451-8663
Sac. Area Women's Community Network, 451-8034, sacwn.org
Sisters Of Santa, sistersofsantawm.org
Valley Knights Motorcycle Club, 455-6540

Attorneys

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Bars/Nightclubs

The Bolt, 2560 Boxwood St., 649-8420
The Depot, 2001 K St., 441-6823

Faces, 2000 K St., 448-7798

Hamburger Mary's, 1630 J St., 441-4340

Mercantile, 20th & L., 447-0792

Townhouse, 1517 21st St., 441-5122

Board Of Supervisors

700 H St., Rm. 2450,
District 1: Roger Dickinson, 874-5485
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District 4: Robert Niello, 874-5491
District 5: Don Nottoli, 874-5485

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Happy Daze RV, 1199 El Camino, 921-2222

Car Wash

Gem Auto Care, 5150 Freeport Blvd., 451-6524

Cemeteries/Mortuaries

East Lawn Memorial Park & Mortuaries, 732-2000

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James Carlson, Rocklin Chiropractic, 5875 Pacific St. #D, Rocklin, 624-0682
Karen Chaney, Universal Chiropractic, 7200 S. Land Park Dr., Suite 200, 392-3900

Churches

Cathedral of Promise MCC, 10500 Chaplain Ave., Matherfield Rd., 364-4325
Dignity, 2529 K St., 492-6452
Lutheran Church Of Our Redeemer, 4641 Marconi Blvd., 483-5691
Lutherans Concerned, 731-8887, 927-2624

City Council

City Hall, Rm. 205, 915 J St.
Mayor Heather Fargo: 264-5300
City Council Session Call-In, Cable Channel 73, 264-8255

District 1: Ray Tretheway, 264-7001

District 2: Sandy Sheedy, 264-7002

District 3: Steve Cohn, 264-7003

District 4: Jimmy Yee, 264-7004

District 5: Lauren Hammond, 264-7005

District 6: Dave Jones, 264-7006

District 7: Robbie Waters, 264-7007

District 8: Bonnie Pannell, 264-7008

City Parks

City Park Reservations, 277-6060

Cleaning Services

Belinda's Maid Agency, 492-1111, 961-6243

Computers/Copiers

Inland Business Machines, 928-0770

Dry Cleaning Services

Freeport Cleaners, 2001 4th St., 449-5249

Electrical

Tom Seares Electrical, 487-6482

Electrolysis

Leslie Allen, R.E., 681-5821

Financial Services

Killick Financial Services, 2321 Lloyd Ln., 486-8985

Gardening Services

English Garden Care, 489-8903

Gay Center

Lambda Community Center, 1927 L St., 442-0185

Gifts

Good Vibrations, 938 Howard St., #101, 415-974-8985

Wine Merchant, 307 Iron Point Rd., 985-9463

Graphic Design

MGW Typesetting & Graphics, 1725 L St., 441-6397

Groceries

Taylor's Market, 2900 Freeport Blvd., 443-6881

Hair Stylists

Associates Hair Design, 3714 J St., 455-0667

Halls/Meeting Places

Channel 6, KVIE, Ose Community Rm., 2595 Capital Oaks Dr., 929-5843

Musicians Hall, 1925 Del Paso Blvd., 565-2500

SMUD Building, 6301 S St., 916-732-5310

Health

Advance Laser Clinics, 87 Scripps Dr. Ste. 210, 921-2400

Celestial Movement Yoga, 625 14th St., 441-2535

Fitness Happens Certified Personal Training & Nutritional

Guidance, 2411 15th St., 444-1440

Hotels/Inns/Resorts

Capitol Park Inn, 1300 T St., 877-753-9982

Hartley House Inn, 700 22nd St., 447-7829

La Residence Country Inn, 4066 St. Helena Hwy., Napa Valley, David & Craig, 707-253-0337

Information

MGW Newspaper Archives, past issues are available on microfilm at
Lavender Library, Main Sacramento Library, CSUS Library, University of
California at Davis Library, and San Francisco Main Library.

Insurance

Allstate, Dan Huffman, 5300 Madison Ave., Suite A, 344-3095

Jewelry

Arareity Fine Jewelry, 1021 R St., 446-1535

Legal

Ellie's Legal Document Service, 9413 Forest Vista Way, Elk Grove, 683-9801

Herman Franck, 926 J St., 447-8400, prepaidlegal.com

Mail Box Rental/Shipping

Alhambra Mail & Parcel, 3104 O St., 731-4440

Massage

Therapeutic Massage By Susan Parker, 363-7907

Mortgage

Chase Manhattan, Rick Corby, 2998 Douglas Blvd. Ste. 105, 787-1429

Competitive Mortgage, 8300 Fair Oaks Blvd. Ste. 402, 944-1409

Danny Figueroa, Senior Loan Officer, AccuBanc Mortgage Corp., 1601
Response Rd., #206, 564-9500

Dee Petee, Senior Loan Officer, AccuBanc Mortgage Lender, 564-9500

Shirleen Von Hoffman, Loan Officer Vice President, North American
Mortgage Co., 950 Cal Center Dr., #100, 780-6222

Moving

Capital City Moving & Storage, 3298 Orange Grove Ave., N.
Highlands, 487-8400

Music

Smith & Sons, 709 W. Stadium Ln., 924-9141

Notary Public

Harold McCallum, 725 J St., 441-0410

Nursery

Lotus Valley Nursery/Garden, 5606 Peterson Lane, Lotus, 626-7001

Optometrist/Eye Glasses

Dr. Cameron Yee, 6407 Riverside Blvd., 395-0673

Styleyes, Eric Geiger, 2231 J St., Ste. 102, 448-2220

Painting

Sandman Painting & Drywall, 925-4838

Pet Care/Rescue

Animal Housecall, Dr. Nancy Weagly, 456-0967

Animal Place, 3448 Laguna Creek Trail, Vacaville, 707-449-4814

Breeder's Corner, 9045 Fair Oaks Blvd., Ste. D, 944-7078

Faux Paw Kennels, Adopt A Pet, 9204 Florin Rd., 988-6225, 387-8811

Fur People Pet Sitting, 457-1655

Home & Critter Sitter, 3104 O St., 447-0735

Kennel Room: Small Dog & Cat Grooming, 3104 Fulton Ave., 482-4542

Labrador Retriever Rescue, 209-951-3697, cc-labrescue.org

People & Pets Grooming, 2674 24th St., 454-2974

Waggin Tails K9 Waste Removal, 987-8587, 800-POOP-SCOOOP

Photography

Cain's Foto Images, Katie Tavares, 952-7408

Johansen Photography, 1125 J St., 442-6080

Photography By Larry, 645-8447, 800-916-FOTO

Photography by MAW, 451-7557

Psychics

Sherry Williams, 5613 Freeport Blvd., 424-7100

Real Estate

Bill McJunkins, Realtor, Whisler Land Co., 443-6969

Brian McMartin, Realtor, Whisler Land Co., 451-5767

Charles McKenzie, Whisler Land Co., 925-366-8179

Charon Jenner, Cook Realty, 4305 Freeport Blvd, 763-1781

Doug Gonzales, Realtor, Whisler Land Co., 837-7394

Judy Randall, Realtor, Whisler Land Co., 453-0313

Mark Whisler, Broker, Whisler Land Co., 446-6666

Pfingst Realty, 9978 Folsom Blvd., 362-1166

Rennie Gamez, Realtor, Whisler Land Co., 802-2845

Remodeling

Cherry Home Improvement, 933-0506

Feather Your Nest Home Repair, Gayle Rendleman, 652-4204

Restaurants

City Treasure, 1730 L St., 447-7380

Dos Coyotes Border Cafe, 1735 Arden Way, 927-0377

The Greek Village Inn, 65 University Ave., 922-6334

Sacramento Brew Pub, Town & Country Village, 485-4677

Sacramento Info

MGW: mgwnews.com

Sac. Police Dept.: sacpd.org

Sac. Maps: citymaps.sacto.org

Sacramento.com

Shelters

WIND Center For Homeless Teens, Lynette Lyons, 300 Ahern St., 443-1386

Signs

Sign-A-Rama, 3017 Arden Way, 971-4630

Stereo Repair

Ray's Auto Stereo & Alarms, 1925 F St., 447-9753

Therapists

Bruce Gunn, MFCC #M19480, 418 Alhambra Blvd., 443-7171

Deborah Otten, MFT #Mv023109, 820 24th St., 443-6253

Ellie Zacks, 6359 Auburn Blvd. Ste. E, 725-4713

Sandra Warne, MFCC#30585, 300 University Ste. 218, 568-1025

Thrift Store

MCC Out Of The Closet Thrift Store, 3230 Broadway, 454-5019

Sutter Hospice/Roseville, 2120 Harding Blvd., 783-5509

Travel

Sports Leisure Travel, 9527 Folsom Blvd., 361-2051

VCR Repair

Ray's Auto Stereo & Alarms, 1925 F St., 447-9753

Veterinarians

Animal Housecall, Dr. Nancy Weagly, 456-0967

CLASSIFIED ADS / BUSINESS DIRECTORY LISTINGS

1 the data...

Name _____
Address _____
City _____ State _____ Zip _____
Phone-W _____
Phone-H _____
Signature _____

2 the money...

Business Directory listings..... \$ 15
Personal Classified up to 30 words..... \$ 10
Business/Services Classified up to 30 words..... \$ 20
Additional Words @ 40¢ each..... \$ _____
Subtotal \$ _____
Multiply subtotal by# _____ of issues..... Total \$ _____
(Make checks payable to MGW Newspaper. Do not send cash.)

4 business directory

Category _____
Name _____
Address _____
Phone _____

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• Include full name, address & daytime phone number on coupon. MGW will not accept your ad without phone numbers for verification. This information will be kept strictly confidential. No phone orders. No Cash Refunds. \$25 will be charged for bounced checks. \$10 service charge assessed on refunds for cancelled ads. • All ads must be prepaid. No ads containing explicit sexual references or crude language will be accepted. We reserve the right to abbreviate, edit, categorize, or refuse any ad. Do not write your ad in all capital letters. • Business Directory Listings are \$15 per issue. No discounts will apply. Listing may include only: business name, address and phone number.

Deadlines

• 1st Issue of the month: 7 calendar days before
• 15th Issue of the month: 7 calendar days before.

FOR OFFICE USE ONLY
Date Rec'd _____
Amt. Rec'd _____
Check'd _____
Expiration date _____

MGW

Mail/In person/Fax/Email to:
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1725 L St., Sacramento 95814
Fax 916.441.6422
info@mgwnews.com

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MGW

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TODAY!!

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Fax: 916.441.6422

E-mail: info@mgwnews.com

1725 L St. Street, Sacramento CA 95814

Classified Ads

ANNOUNCEMENTS

HAPPY 13TH ANNIVERSARY!

You are the sunshine of my life. I cherish your love & happiness we share. We fit. I love you! Happy Birthday & Happy Anniversary, Mike & Charles Together Forever. x01/15

SUICIDE PREVENTION LINE NEDS VOLUNTEERS

Ethical & reliable people only wanted for crisis phone line. Training provided. Jonathan 368-3118

VOLUNTEERS FOR BREAST CANCER PROJECT

Breaking Barriers Cancer Support Project and the Breast Cancer Treatment Fund are looking for volunteers to provide support, transportation, and food delivery. Marsha 447-2497

ARCHIVES

HISTORY AT THE LIBRARIES

Past issues of MGW Newspaper are available on microfilm at the main Sacramento Library, CSUS Library, and hardcopies at Lavender Library, Archives, and Cultural Exchange.

EMPLOYMENT

A REAL HOT SPOT ON YOUR RESUME!

College internships available at MGW Newspaper in graphics, reporting, photography, computers, ad sales, public relations, financial and artists. Units are given in 195/199 or 295/299. Contact your advisor in your department and call MGW, 441-6397

DELIVERY DRIVERS NEEDED

Twice a month on the 1st and 15th. \$100/route. Sacramento, Roseville, Davis area. Must have van, covered truck, or large car. Good driving record and dependable. Call 441-6397, or stop by MGW, 1725 L St.

HAVE FUN AT WORK!!

MGW is accepting applications for Account Executives. Applicants must enjoy talking to business owners, be neat in appearance, and have transportation. Newspaper and telemarketing experience helpful. Great Commissions! If you would like a career that is constantly changing call 441-6397

LEGISLATIVE INTERNSHIP

Assemblywoman Carole Migden is seeking students (all majors) to apply for this exciting position. Learn the legislative process from the inside. Call Wendy Hill 319-2013 for more info.

POLICE CADET/OFFICER

The mission of the Sacramento Police Department is to work in partnership with the community to protect life, property, help solve neighborhood problems and enhance the quality of life in our city. The candidate should be interested in progressive policing styles, community, neighborhood, and problem oriented policing. Police Cadet is a classification in which candidates for Police Officer train in a P.O.S.T. certified police academy conducted by the Sacramento Police Department. Upon successful completion of the training and graduation from the academy, a Police Cadet is eligible for probationary appointment to the sworn civil service classification of Police Officer. Police Cadet salary: \$1,953 Police Officer salary: \$2,649-\$4,389, 264-5726

WE WILL PAY YOU TO BE CREATIVE

MGW is always accepting applications for graphic artists. Applicants must demonstrate knowledge of QuarkXpress, Pagemaker, Photoshop, and Illustrator on Macintosh. Previous newspaper or magazine design experience a plus, especially if you have designed

display ads. Fax resume, cover letter, and samples to 441-6397 or call 441-6397

FOR SALE

1991 CAMARO V-8

T. Tops: Automatic, \$3,700 or best offer. 247-1345 x02/15

HIGH WHEEL WEED TRIMMER

Craftsman 6.75hp high wheel weed trimmer. Upgraded. Eager engine. 22 in cut, 155 line, remote throttle control, tool less line replacement. Was \$400 new. Now \$250. Excellent condition! 452-8600 leave message.

MEN SEEKING MEN

FANTASY WALK-IN

Hot Hispanic/White male bottom seeking sneaky top men to walk-in and dominate me. Handsome, well endowed, tall males, 18-52. Luxurious North area. Total privacy for sex! Tony 483-9815 x2/15

PETS

ADOPT-A-PET

Faux Paw Kennels, all breed rescue, Claire 988-6225; Mary 387-8811

ANIMAL PLACE RESCUE

Vacaville, 707-449-4814

CALLING ALL WORKING PETS

Pets: Do you go to work with your mom or dad? Mom or Dad: MGW Newspaper would like to feature you and your pet. Send us a photo with caption or call 441-6397

DACHSHUNDS RESCUED

Dachshunds need homes, all types. Pat 925-2640

TRAVELING WITHOUT FIDO?

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Young people in crisis need a supportive and caring person to listen. You can become that person by volunteering for the Youth Crisis Line. No experience is necessary and bilingual individuals are encouraged to inquire. 340-0505

WANTED

DO YOU LISTEN TO BOOKS ON TAPE?

Want to be part of a group that trades audio tapes? Call Linda at MGW, 441-6397, afternoons best

GIVE US YOUR OLD COMPUTERS!

Mac laptops and desktop computers needed for MGW reporters. Call 441-6397

HANDY PEOPLE NEEDED

Do you know any LGBT masonry people, roofers, plumbers, electricians, carpet companies, painters, termite, handy people? We want to keep the money in the community. MGW Referral Service. 441-6397

TRANSCRIBING MACHINE WANTED!

MGW is looking for a transcribing machine for micro and full size cassettes. Old or new donations will be appreciated. Call 441-6397

ATTN: WEBMASTERS WITHOUT A PROJECT

MGW wants you to maintain our web site! Responsibilities will include adding current issues to the site, updating its design, and some editing. Applicants should be familiar with HTML, CGI/Perl scripts, Java, FTP, and multiple web browsers. Macintosh preferred. 441-6397 or info@mgwnews.com

Peoples & Pets



Cat & Dog Grooming

454-2974
2674 24th St.
Near DMV, Compton's, Cafe Melange



MATT'S MASSAGE

Professional


497.0854

WhislerLand

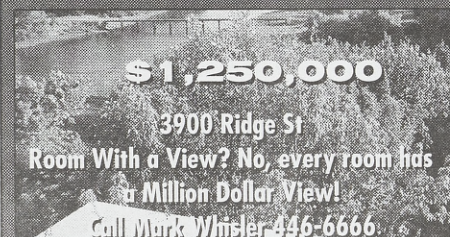
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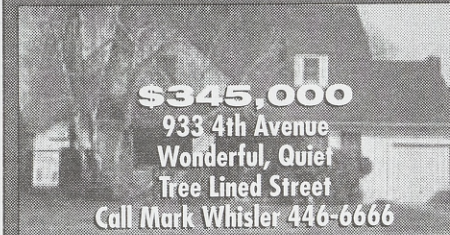
\$1,250,000
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Cute Land Park Cottage
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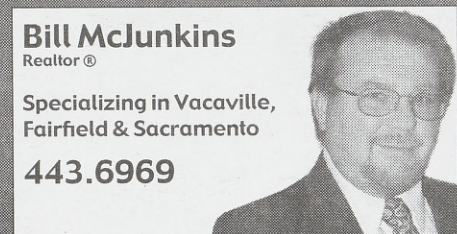
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Experienced or New
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Realtor®
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Fairfield & Sacramento
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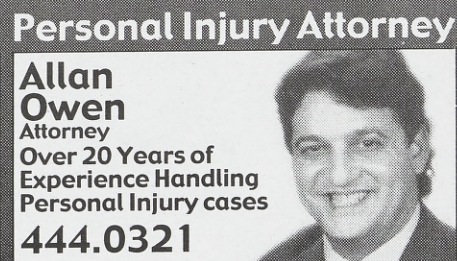
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...Job postings
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...Personals
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are now Free!

MGW

Use the coupon on page 22. Ads are limited to thirty (30) words.
Offer expires March 31, 2002

Sorry... no real estate, business, or service ads.
MGW reserves the right to omit any classified ad for any reason.

Genre Celebrates

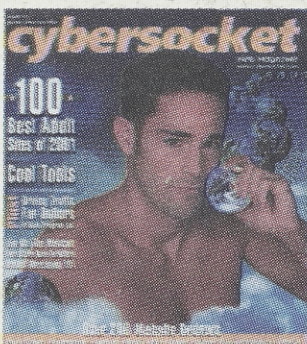
100th Issue!

The Advocate

January 22, 2002 #844/855

Info. 323-871-1225, advocate.com

Editor-In-Chief **Judy Wieder** still can't find the words to describe how New York has changed since September 11, 2001. The news that defined 2001 is reviewed. **Bob Adams** reviews controversies surrounding the Salvation Army. After **Michael Petrelis** and **David Pasquarelli** were arrested in San Francisco, **Chris Bull** wonders if AIDS prevention programs can be repaired. **Mark Bingham**, The Advocate's person of the year, is remembered as the hero on Flight 93. **Victoria Scanlan Stefanakos** covers how surviving partners of victims of the terrorist attacks are trying to heal. ▼



Cybersocket

January/February 2002 Issue 4.1

Info. 323-650-9906, cybersocket.com

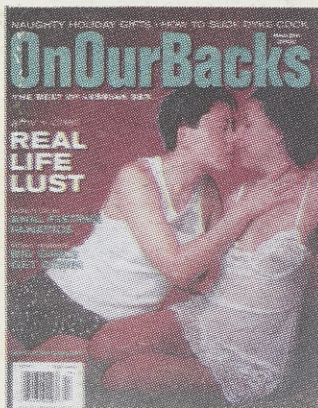
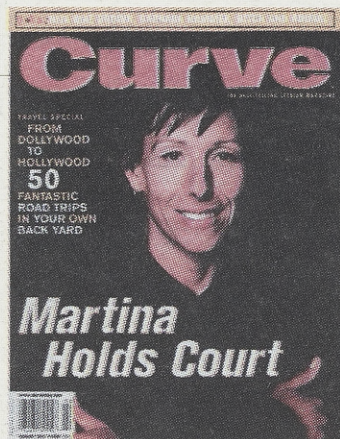
Cyber Surgeon **Blakey St. John** dishes UNIX and FTP advice and explains bandwidth. **Jonathan Nghiem** peers into Windows XP. **Kerry Shatzer** suggests giving albino monkeys for Valentine's Day. **Thomas Terranova** covers instant messages and new communication software. **Jonathan Nghiem** reviews the 100 best porn sites on the internet. **Daniel Kaufman** writes about several of the higher quality webcams on the net. ▼

Curve

February 2002 Volume 12 #1

Info. 818-760-8983, curvemag.com

Lesbian Community Cancer Project founder **Nancy Lanoue** discusses life after cancer with **Jessica Jacobs**. **Kristin Steele** reviews Trembling Before G-D and Desi's Looking For A New Girl. **Diane Anderson-Minshall** discusses love, life, and short skirts with tennis pro **Martina Navratilova**. **Nancy Einhart**, **Gretchen Lee**, **Kris Scott Marti**, and **Erin Raber** cover road trips and weekend getaways. **Gillian Kendall** interviews author **Sarah Waters**. ▼



On Our Backs

December 2001/January 2002

Info. 877-XXX-00BS, onourbacksmag.com

Photographer **Dave Naz** captures sexy model **Sal-sa** and her see through undies while Sugar High Glitter City crew members **Amy** and **Cheri** relax together off the clock. **Rachel Venning** gives tips on expanding your oral sex life. Writer **Michelle Tea** infiltrates a straight strip club. On Our Backs staff members round up the toys they really want for Christmas. **Laura Weide** reviews films featuring silicon-free women Slide Bi Me, Please Don't Stop: Lesbian Guide to Giving It and Getting It, and Big Girls. **Tristan Taormino** interviews photographer **Tee Corinne**. ▼

Genre

January 2002

Info. 888-576-9933, genremagazine.com

Editor-In-Chief **Andy Towle** introduces Genre's 100th issue. Designers **Mike Moore** and **Wesley Mancini**, gardener **Jamie Schwentker**, and Chelsea bar owner **John Salibello** are profiled in "Persona." **Bryan Bissett** rounds up the most drool-worthy sport utility vehicles. **Jason Sellards** interviews painter **Robert Hammond**. **Fierce Pierce** offers tips to wash away the winter blues with an at-home spa treatment. Brotherhood of the Wolf, Princessa, and Killing Me Softly are featured film reviews. ▼

